

# HEALTHY BUNNY

*by*

Laura Rountree Smith

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Healthy Bunny





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by  
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Illustrations  
by  
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## CHAPTER I.

### PURE FOOD AND WATER HEALTHY BUNNY

Hark to the tale of Healthy Bunny!  
Good health is worth a mint of money;  
If you are good, you'll eat pure food,  
And drink pure water as you should.

Old Mother Bun shook her wise old head as she heard Healthy Bunny skipping down stairs two steps at a time singing to himself,

“Hippety-hop, hippety-hop,  
When I skip along I hate to stop.”

Old Mother Bun called Healthy Bunny back in a few minutes for he was skipping off to school without any breakfast. She remarked,

“Breakfast first, then do not fail  
To pack a lunch in your dinner-pail.”



So, Healthy Bunny saw there was nothing to do but to draw his chair up to the table and begin to eat breakfast food, for he wanted to go to school.

Old Father Bun looked at Healthy Bunny. He looked over his horn-rimmed spectacles and said,

“Healthy Bunny, as a rule,  
Eat before you go to school.”

Old Mother Bun’s eyes twinkled as she said,

“At noon your appetite won’t fail;  
What shall I put in your dinner-pail?”

Healthy Bunny was usually up time enough in the morning to pack his own dinner-pail but to-day he was late so he said what he wanted for lunch, and Old Mother Bun gave him two peanut butter sandwiches and a piece of brown bread. She gave him a peach and piece of sweet chocolate wrapped in wax paper. She put in his own little drinking cup.

Healthy Bunny took his own little dinner pail and went off through the woods as happy as happy could be. He met





other little Bunnies on the way to school, but when they got to school the most surprising thing met their eyes!



On the school building was a sign,  
"CLOSED FOR REPAIRS."

"Hurrah, hurrah, hurrah," cried some of the Bunnies who did not like to go to school, but some of the Bunnies were disappointed until Healthy Bunny said,

"Sit down in a circle and be good;  
We'll have our own school in the woods."

So those cute little Bunnies set down their dinner pails and sat themselves down in a circle and learned a verse Healthy Bunny taught them.

"'F' stands for food," said Healthy Bunny;

"Don't you think my rhymes are funny?  
For simple food let's spend our money;  
Hark to me!" says Healthy Bunny.

One little Bunny got so thirsty he could not sit still a minute longer, though the lessons in the out door school had just begun, so he ran hippety hop off to a nice fresh spring and had a cool drink.

Healthy Bunny looked all round his class and said,



“I will ask each Cotton Tail, son and daughter,  
Before each meal do you drink pure water?”

Some of the Furry Family said they took a drink now and then when they felt thirsty, but had no regular time to drink and Heedless Bunny said he liked strong coffee, and Homeless Bunny said wherever he went he begged for a cup of tea.

Healthy Bunny said,

“If you want to be healthy as can be,  
Please don’t drink much coffee or tea.”

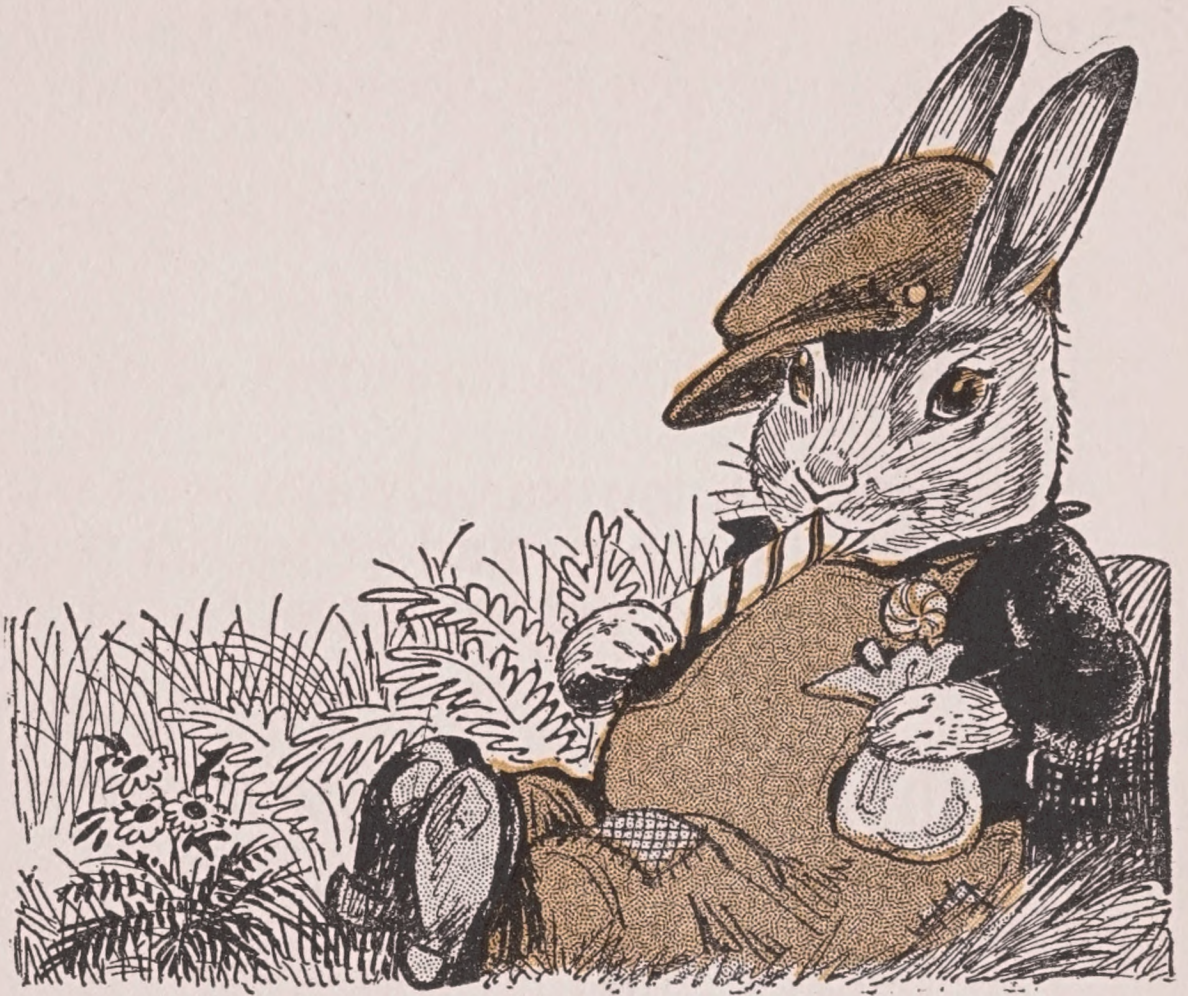
“What may we drink then?” asked Happy Bunny, a dear little fellow who always wore a smiling face.

Healthy Bunny said,

“Water and milk, you very well know,  
Will always help to make you grow.”

So many Bunnies had forgotten to eat breakfast that Healthy Bunny told them what Old Mother Bun said, and he continued,





“I fear we are all too fond of meat;  
Some vegetables each day please eat.”

Then a shout arose, “Cabbage and carrots, cabbage and carrots,” and it was some time before this cute little school in the woods came to order. Then the Bunnies named all the vegetables and fruits they could, and said it was a healthy thing to eat plenty of them.

Healthy Bunny said,



“I think we’ll keep a healthy chart handy;  
How many of you do like some candy?”

To the surprise of all, Homeless Bunny  
said,

“I’m afraid I’ll turn into candy soon.”

Sure enough, he was always seen with  
a little bag of candy, and he ate so much  
sweets he never had an appetite for his  
meals.

Heedless Bunny said he ate candy and  
ice cream cones and peanuts until he  
never knew when to stop. He ate so  
many sweet things he was often ill.

All the little Furry people sat up very  
straight. They expected Healthy Bunny  
to scold them for eating sweets, but he  
only turned a somersault and said,

“After meals, let me repeat,  
You may eat candy as a treat.”

He said while it was harmful to eat  
candy all the time some sweet is good for  
us all, and we can wisely eat a little candy  
after dinner.



Happy Bunny loved to go about singing, and he said,

“Please teach us to write a little verse;  
I can’t spell much prose and rhymes are worse.”

Healthy Bunny replied,

“If well and strong you’d like to feel,  
Eat bread and butter with each meal;  
If you will heed what I have said,  
You will like to eat dark bread.”

The Bunnies could sit still no longer.  
They began to skip hippety hop, to dance  
and sing,

“A child, as well as a little Bunny,  
Often acts in ways quite funny.”

Heedless Bunny said, “Some children  
eat much too fast, and I guess I do too;  
you should just see me nibble, nibble.”

Homeless Bunny said,

“We might really better feel,  
If we’d sit after a meal.”

Honey Bunny who had a sweet tooth  
shouted,



“Your health talks often interest me,  
But I’ve a sweet tooth, as you see.”

They all opened their dinner pails and were just going to eat lunch when Healthy Bunny said,

“Think how much cleaner you will feel,  
To wash paws before each meal.”

Off went the Bunnies to the spring and dipped their paws into the water. Back they came, and began to eat in a shocking manner. They were so hungry, they forgot their manners, and Healthy Bunny said,

“To be strong and healthy, if you would,  
You must learn to chew your food.”

Healthy Bunny saw that some of the dinner pails were packed every which way so he shouted,

“Wrap each sandwich out of sight  
In wax paper neat and tight;  
And do not do your lunch pail up  
Without your little drinking cup.”

By and by the lunch in the woods was



over and the little Furry Family went homeward.

Happy Bunny said, "I can make up the words to a little song, but what tune shall we sing it to?"

Homeless Bunny answered, looking up through the trees, "See the stars twinkle, twinkle."

Heedless Bunny thought for once in his life and remarked, "Let us sing your words to the tune of 'Twinkle, Twinkle, Little Star'." So the Bunnies sang as they went homeward,

"Little Bunnies always should  
Try to eat the purest food;  
Bread and butter every day  
Is good food for us, we say.  
Healthy Bunnies, this we do,  
Try to drink pure water, too;  
Sweet and clean if we would feel,  
We would wash before each meal."

Happy Bunny waved good by as they came to the gate that led to Healthy Bunny's home. Homeless Bunny said, "I will come inside to visit you some day,"





but Heedless Bunny went on without a word.

Old Mother Bun stood in the doorway with a lighted candle in her hand.

Just one thing would Old Mother Bun say,

“Healthy Bunny, did you lose your way?”

Old Father Bun said,

“To worry, I think, is never wise;”

Twinkle, twinkle, went his brown eyes.

Healthy Bunny kissed them both remarking,

“Your advise is worth more than money;  
Good night, good night, sings Healthy  
Bunny.”







## Chapter Two

### EARLY TO BED







## CHAPTER II

### EARLY TO BED

“ ‘E’ stands for ‘Early To Bed’;”  
That is what Healthy Bunny said.  
“If you’d be healthy as could be,  
You’d take some hours of rest with me.”

One day Healthy Bunny said to Old Mother Bun,

“May I give invitation hearty  
To a little week end party?”

Healthy Bunny was a good little fellow so Old Mother Bun told him he might have four little Bunnies come to visit him from Saturday until Monday, so Healthy Bunny went off with a hippety hop. He called on Heedless Bunny and Homeless Bunny and Honey Bunny and they were delighted to come to his week end party.

What a good time they had!

They never even noticed it was bed time until the Town Clock boomed out in a rather loud voice,



“Time for bed, time for bed,”  
That is what the Town Clock said,

“Little sisters, little brothers,  
Seven for some, and eight for others.”

All the clocks then began to behave  
in a comical manner, and they talked  
in real voices instead of their usual tick  
tock.

“Go early to bed, go early to bed.”  
That’s what the clock in the kitchen  
said.

The clock in the living room surprised  
them all by remarking,

“Some Bunnies want to linger longer,  
But if you’d grow up tall and stronger,  
This thing you would do instead,  
Early you’d rise, and go early to bed.”

Happy Bunny laughed and said, “At  
home I do sometimes beg to stay up a  
little longer.”

Homeless Bunny said,

“I go to bed whenever I please,  
Under the cabbage leaves or the trees.”



Heedless Bunny did not pay any attention to what the others were saying but went on playing a game of solitaire.

Healthy Bunny said,

“My little alarm clock tried to scold,  
And said, ‘Go to bed without being told’.”

Old Mother Bun looked hard over her knitting and Old Father Bun looked over his horn-rimmed spectacles and the little Bunnies danced and capered about crying,

“Good night, we’ll sleep tight,  
And go to bed by candle light.”

Off they went, each one carrying a candle and singing merry little songs. One song they sang to the tune of “My Bonnie,” in a College Song Book, and will you believe it! before they had sung the chorus nineteen times, the Sandman had come and put most of them to sleep. The EARLY TO BED SONG sounded like this,



## I

“So merrily we are all singing,  
Of good health for you and for me;  
And early to bed we are bringing  
Some new ideas, you will agree.”

Chorus.

“Singing, singing,  
Early to bed go if you are wise;  
Singing, singing,  
Come close up your two sleepy eyes.

## 2

“The Sandman will come to us creeping,  
And many’s the tale we have read;  
Bright dreams he brings, when we are  
sleeping,  
So now we go EARLY TO BED.”

All the Bunnies fell asleep except  
Heedless Bunny. He was wide awake  
and got up and looked about the room.

He felt homesick for his papa and ma-  
ma and began to cry. He cried so loudly  
that all the visiting Bunnies woke up and  
began to cry too.





Old Mother Bun laid down her knitting and Old Father Bun took off his horn-rimmed spectacles and they went up stairs to see what was the matter. By and by, they coaxed Heedless Bunny back to bed.



Old Mother Bun said,

“I’ll tell you a story, we’ll turn down the  
light,  
And soon you’ll be saying, ‘Good night,  
good night’.”

She took her knitting up again and began—

Once upon a time there was a little Bunny who always heard some one saying, “EARLY TO BED,” and one night he was so contrary he decided to stay up all night.

He sat in his little red rocking chair while the Cuckoo came out calling, “nine, ten, eleven, twelve.”

Still that foolish little Bunny would not go to bed.

He watched the shadows on the wall,  
And said, “I’ll not go to bed AT ALL.”

“You won’t, indeed,” said a voice, and a Wide Awake Fairy came and sat beside him and hummed such a sleepy song he had to pinch himself to keep awake.



Then the Wide Awake Fairy called him to follow and they went out and sat in a hammock that rocked to and fro, to and fro, in the most provoking and sleepy manner. He was just closing his eyes when the Fairy bumped him out and the old moon stared and said,

“I’m looking down from overhead;  
Let’s never let him go to bed.”

My, what a night that Bunny had! He was kept awake ’till day break.

Then the Wide Awake Fairy said, “Good day,  
I’m off and away, off and away.”

The next day Bunny was cross and tired, and said,

“I’ll pull the covers up over my head  
And go early to bed, early to bed.”

So that night he went to bed early and the Wide Awake Fairy said,

“He went to bed early as he should;  
I hope he’ll wake up happy and good.”

Old Mother Bun had finished her story,  
Her knitting needles went click, click  
We all must quiet keep.



Her knitting needles went click, click;  
The Bunnies were asleep.

Next morning Old Father Bun was  
quiet.

He smoked a while, and then he said,  
"I've a story in the back of my head."

He was a jolly old fellow but had never  
been known to hurry in all his life, so all  
the Bunnies sat politely waiting for him  
to begin, though of course they were  
eager to hear his story. By and by he be-  
gan and told his story in rhyme.

He said, "Once upon a time  
I learned to talk in simple rhyme;  
There was a little girl very sweet;  
She lived, indeed, upon our street:  
And there was a pleasant little boy  
Who did nothing to annoy,  
Only I heard that their parents said  
They never wanted to go to bed.  
Could we teach them, in story and song,  
To want to go to bed ere long?  
Some little message could we write,  
So they'll WANT to go to bed at night?"

Happy Boy shouted, "I know, I know."



Healthy Bunny said, "I have an idea."

Homeless Bunny sat very still and  
Heedless Bunny turned a somersault.  
Honey Bunny ran off to find something  
sweet.

Now those dear little Bunnies all put  
their heads together and decided they  
would cut out two big pasteboard Bunnies  
as large as they were, and give one to  
the little girl and boy who lived on that  
street to take Early To Bed with them.

Wouldn't it be fun to go to bed with  
Bunnies for company?

On the back of each Bunny they wrote,

"Carry this message to each finger,  
Undress quickly, do not linger;  
If you heed what Bunny said,  
You'll brush teeth on the way to bed;  
Be good then and put out the light,  
Before we say to you good night;  
If you go Early to Bed, it seems  
The Sandman will bring you pleasant  
dreams;  
You'll not feel lonesome now in bed,





For we'll be waiting there instead;  
Now, if you think these rhymes are  
funny,  
Just go to bed with your little Bunny."

The little boy and girl were pleased  
with their Bunnies, you may be sure, and  
Healthy Bunny's visitors went home.

Happy Bunny remarked,  
"I'll remember every word you said,  
Early To Bed, Early To Bed."

The other Bunnies waved good bye.



Old Mother Bun said, "I'm sad because I see soiled face and soiled paws."

Old Father Bun said, "I see what you mean;  
To-morrow we'll talk about being clean."

Healthy Bunny sat still a long time and he wrinkled up his nose in a comical manner, then he said in a sing-song kind of way,

"'Tis a funny hour to rub and scrub,  
But I'll introduce myself to the tub."

Splash, dash, he went into the tub and Old Mother Bun dried him on a turkish towel. She said, "To-morrow we will hold school in our own school yard, and you can teach the other Bunnies about being clean;" but they did not hold school in their own yard next day or next week. Can you guess the reason why?







## **Chapter Three**

### **KEEPING CLEAN**







## CHAPTER III

### KEEPING CLEAN

“I often talk,” said Healthy Bunny,  
“In rhymes that sound to you quite funny;  
To be useful I always mean,  
So I’ll talk about keeping clean.”

So sang Healthy Bunny one morning early. He got up so early the dew-drops were still on the flowers, and the last fairies were just whisking away out of sight.

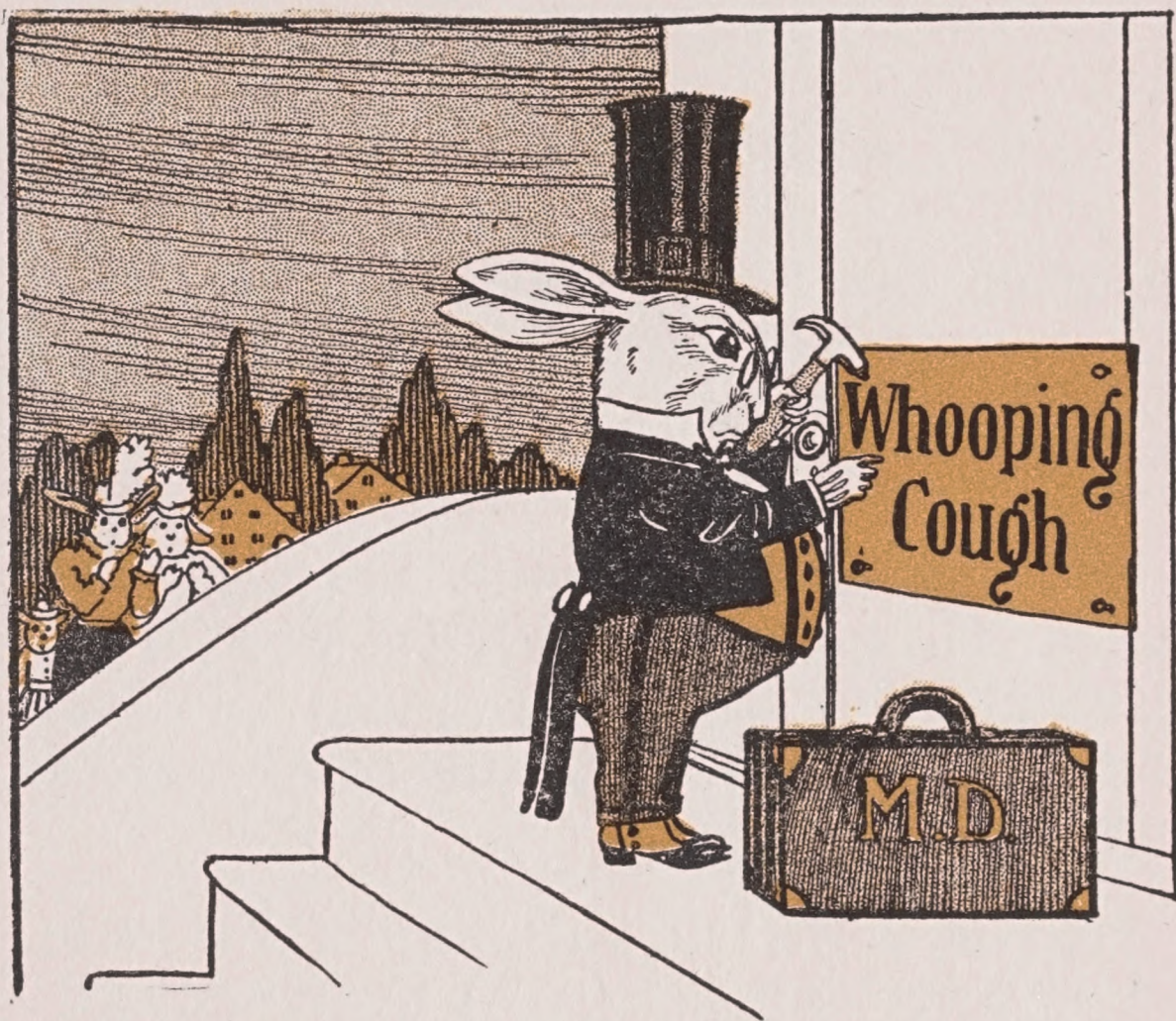
He ran down the path and saw a little fellow coughing so hard he nearly coughed his head off.

The strange Bunny said, between a cough and a sneeze,

“I know you’ll think I’m rather funny;  
My real name is Raggedy Bunny.  
I’ve troubles enough, troubles enough,  
I’m just getting over whooping cough.”

The stranger looked like a Rag Bunny sure enough.





Healthy Bunny was so kind-hearted he invited him in and they had a happy day, until Doctor Bunny came and put a great card on the house, "WHOOPI-NG COUGH."

Then Old Mother Bun said,  
"It seems to me, it's pretty rough,  
We're quarantined for whooping cough."

Healthy Bunny said, "What becomes of the Bunny school?"



Old Father Bun replied,

“Write a letter, if that’s what you mean,  
You want to teach Bunnies to keep  
clean.”

Now it happened that Raggedy Bunny was a great writer so he and Healthy Bunny set to work to write a letter to all the Bunnies in the woods. Raggedy Bunny began the letter by saying,

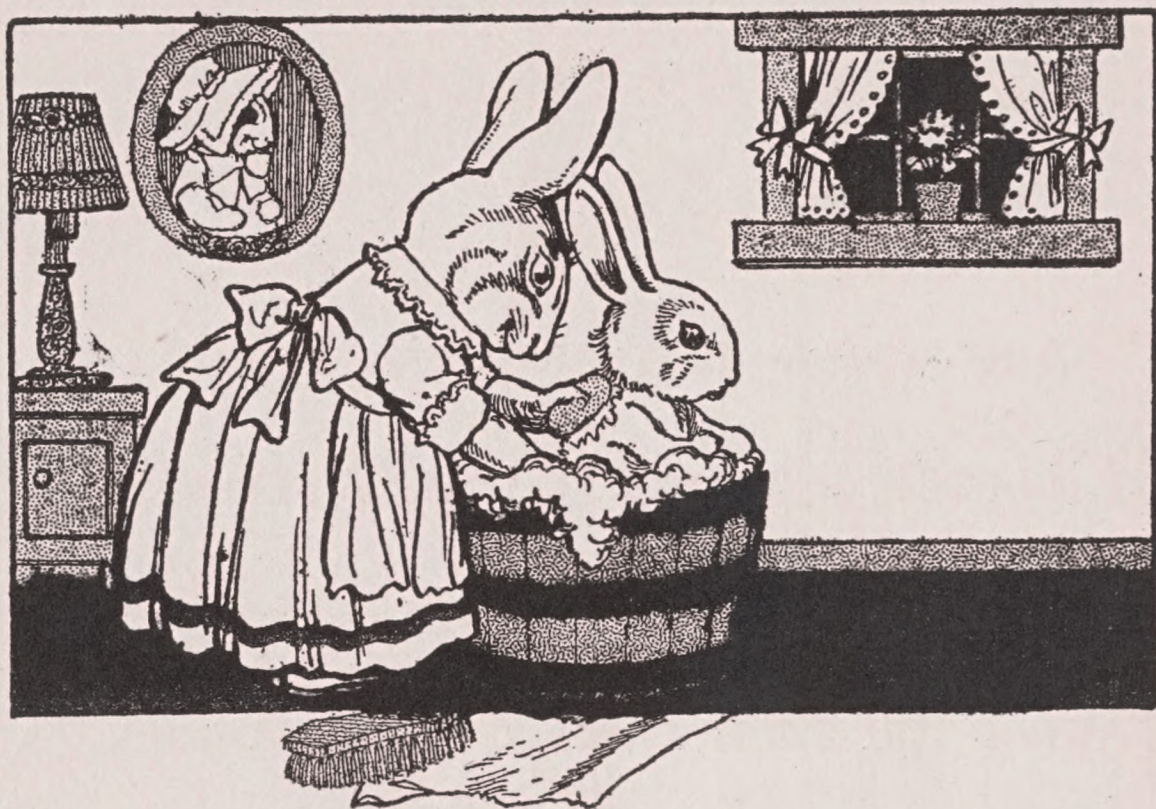
“We hope each Bunny, every place,  
Really likes to wash his face.”

The Healthy Bunny wrote,

“We’ll open an out-door school some day,  
But Raggedy Bunny has come to stay;  
To stay inside seems rather tough,  
But we must get over whooping cough;  
Far and wide, o’er the world I seek  
For a Bunny who bathes more than once  
a week;  
It should be fun to rub and scrub,  
If you have your own bath tub.”

In a few days the fun began, for the Bunny Postman brought in letters, big letters, little letters, middle-size letters.





The letters were from Bunnies in the woods and Bunnies in town who wanted to learn Good Health Lessons and who wanted to be clean. Very few Bunnies wrote that they bathed more than once a week, and very many did not bathe that often, though one and all agreed that they did feel better after a good, warm, soapy bath.

By and by Raggedy Bunny got so much better he and Healthy Bunny were allowed to go into the yard, and all the other Bunnies came to call and stood on



the other side of the fence. They had come to learn Good Health lessons.

Healthy Bunny said,

“Some folks are careless beyond belief,  
I’ll teach you rules of the handkerchief.”

He asked all the Bunnies to get out their handkerchiefs, all sizes, shapes and colors.

Healthy Bunny said,

“Healthy Bunny gives fair warning,  
You should use your handkerchief  
every morning.”

He continued, “We all want clean noses, of course, and I want to remind you to use your handkerchiefs quietly. How terrible it sounds to make a noise with a handkerchief. If you must sneeze or cough, please cover your nose with your handkerchief.”

At that very minute Raggedy Bunny



retired behind a rose bush and coughed as quietly as he could.

“To be clean please do not fail.  
Clean each shining little nail.”

The Bunnies one and all agreed it was very hard to remember to clean their nails.

Healthy Bunny reminded them that the Squirrel family were always busy washing their paws and faces, and that the Bird Family dearly loved to take baths.

“All but Sparrows,” remarked Heedless Bunny.

Homeless Bunny said, “They take dust baths anyway.”

Happy Bunny smiled so much he showed his pretty, white shining teeth. This reminded Healthy Bunny to talk about keeping teeth clean.

He remarked,

“Little Bunnies, I hope you mean



To brush your teeth and keep them clean."

Now, will you believe it! forty-nine of those little Bunnies owned no tooth brushes.

So off they went hippety hop,  
Off and away to the drug store shop;  
And with their dimes I heard them cry,  
"We've come a good tooth brush to buy."

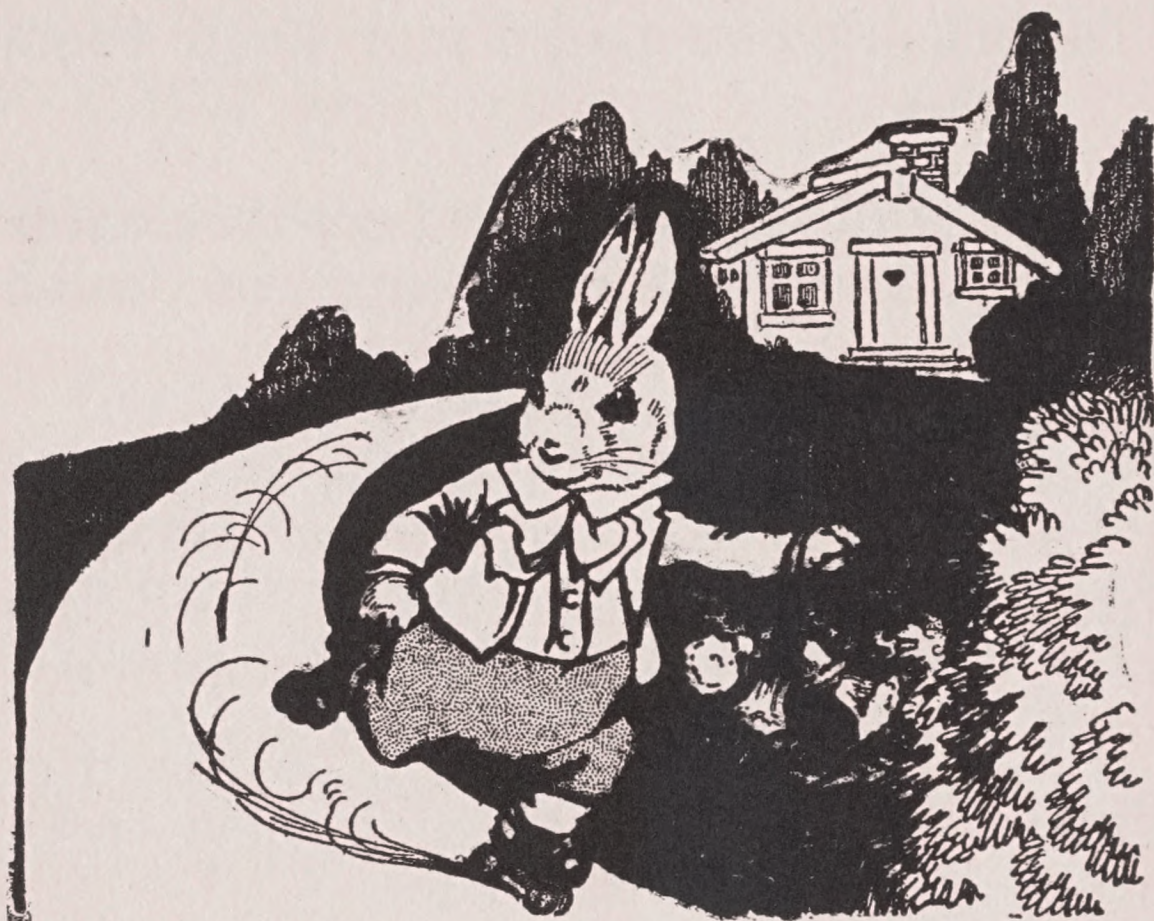
Back they came to talk to Healthy Bunny, very proud of their new tooth brushes, you may be sure.

He taught them to brush their teeth right, left, up and down, inside and out, in the proper manner. He said, "We should all brush our teeth after meals, at morning and bed time."

They all sang a little song to a tune they all knew, which you have sung to many times, called, "Lightly Row."

"Brush your teeth, brush your teeth,  
Brush your teeth and keep them clean;  
Brush your teeth, brush your teeth,  
For Good Health 'twill mean;





See your teeth are clean and white;  
Every morning, noon and night,  
Brush your teeth, brush your teeth;  
Always keep them clean."

When the Bunnies went home they  
drew a picture of a tooth brush and wrote  
under it,

"Use me carefully, please do,  
Now I've been introduced to you."

They drew a picture of a bath tub and  
wrote under it,



“Useful things we all discover;  
It feels good to bathe all over.”

By and by Healthy Bunny went into the house, and Raggedy Bunny sat under the rose bush thinking. When bed time came, he was nowhere to be seen.

Old Mother Bun laid down her knitting and Old Father Bun laid aside his pipe, and they looked from garret to cellar. No Raggedy Bunny was in sight, and that was not the worst of their troubles. Old Mother Bun's best sun bonnet was missing and Old Father Bun's little silver watch that every one loved.

His silver watch had a wonderful trick,  
It sang a song as it went “tick, tick.”

“Do you think he stole?” said Father Bun, looking troubled.

Old Mother Bun shook her head.

“Do not make this sad mistake,  
A stranger in your house to take.”

Healthy Bunny said,



"I'm sorry about this friend of mine;  
We'll take down the Whooping Cough  
sign."

Next day he saw Old Mother Bun upset  
without her sun-bonnet and Old Father  
Bun so upset without his silver watch  
that he muttered,

"It really makes me almost sick  
To go without that 'tick, tick, tick'."

So, Healthy Bunny put on his best bib  
and tucker, and went off to find Rag-  
gedy Bunny and beg him to return the  
lost articles, if he had taken them.

He met Happy Bunny, who said,

"Where are you going, Healthy Bunny?"  
To which Healthy Bunny replied,

"The distance in miles I cannot measure;  
I'm going to look for a lost treasure."

Don't you think it was kind of him not  
to tell the other Bunnies what he thought  
Raggedy Bunny had done?



Next he met Homeless Bunny, who said, "Whither away?"

Healthy Bunny answered,

"I'll get somewhere, goodness knows,  
If I follow my nose and watch my toes."

Heedless Bunny joined them and said,

"Where are you going?" Healthy Bunny answered,

"I'm going to do a thing that's wise,  
I'm going to take some exercise."

So they all ran on 'till they came to a sign, "Five miles to Good Health Town," and they sat down to rest a while.

Healthy Bunny twinkled his little eyes  
And said, "Let's talk of exercise."







## Chapter Four

# HEALTHY EXERCISE







## CHAPTER IV.

### HEALTHY EXERCISE

Every Bunny who is wise  
Will take proper exercise;  
Exercise when you are small,  
Then you'll grow up, strong and tall.

One morning Healthy Bunny got up and put on his roller skates and skated round the block twice, then he came in and said,

“Old Mother Bun, I don't want to tease,  
But I am ready for breakfast, please.”

He sat down and ate every bit of his oat meal and drank a glass of milk. Sometimes when he did not exercise he did not really want any breakfast. Did you ever wake up feeling that way?

Old Father Bun said,

“I'll tell you a story, in song and rhyme,  
It begins this way, ‘Once on a time’.”



He had only gotten that far when "Rap-a-tap" was heard on the door and in walked Homeless Bunny, saying,

"I've walked so far my paws are lame,  
But still I'm very glad I came."

He sat down as Old Mother Bun invited him to have some breakfast, and then he said, "I met Little Elf Exercise the other day, and I had so much fun chasing about with him over hill and dale I got as tired as tired could be, and my poor paws hurt me so much that I cried and cried."

Old Mother Bun bandaged up Homeless Bunny's poor paws after breakfast and made him sit down on her blue plush sofa for an hour and sixteen minutes, and she said,

"Any Bunny who is really wise  
Will not take too much exercise."

They all thought they heard some one chuckle. Could it be Elf Exercise hidden away?



Old Father Bun began again to tell his story.

“Now I’m willing to bet a dime  
I’ll tell my story, ‘Once on a time.’ ”

“Rap-a-tap,” sounded on the door and in walked Heedless Bunny, crying because of a stomach ache. He said,

“You don’t know how bad I feel;  
I exercised right after my meal.”

Old Mother Bun said that was a very foolish thing to do, and she made Heedless Bunny drink a cup of hot water and sit in a little red rocking chair by the grate fire, while Old Father Bun, not a bit discouraged by interruptions, began again to tell his story.

“I’ve told this story in every clime,  
It always starts ‘Once on a time’.”

“Rap-a-tap,” sounded on the door, and in walked Happy Bunny. He limped a little and remarked,

“Even a Happy Bunny cries,  
With too much of one kind of exercise.”



He said he had jumped the rope until he was stiff and lame, and Healthy Bunny remarked,

“You know I really think it wise  
To take different kinds of exercise.”

Then he got out some cute little wooden dumb-bells and Homeless Bunny forgot his hurt paw, and Heedless Bunny forgot his stomach-ache and Happy Bunny forgot his limp, and they all played a game of “Follow the Leader,” with Healthy Bunny going through dumb-bell exercises with them.

Healthy Bunny remarked,

“I have something more to say,  
Enjoy your exercise each day.”

He said exercise did not do us very much good if we did not enjoy it and he said we could often make a game out of work and enjoy it as much as play.

They were in the kitchen, and to the surprise of all the Kitchen Clock sang out,

“Who’ll wind up the Kitchen Clock?  
Tick-tock, tick-tock.”



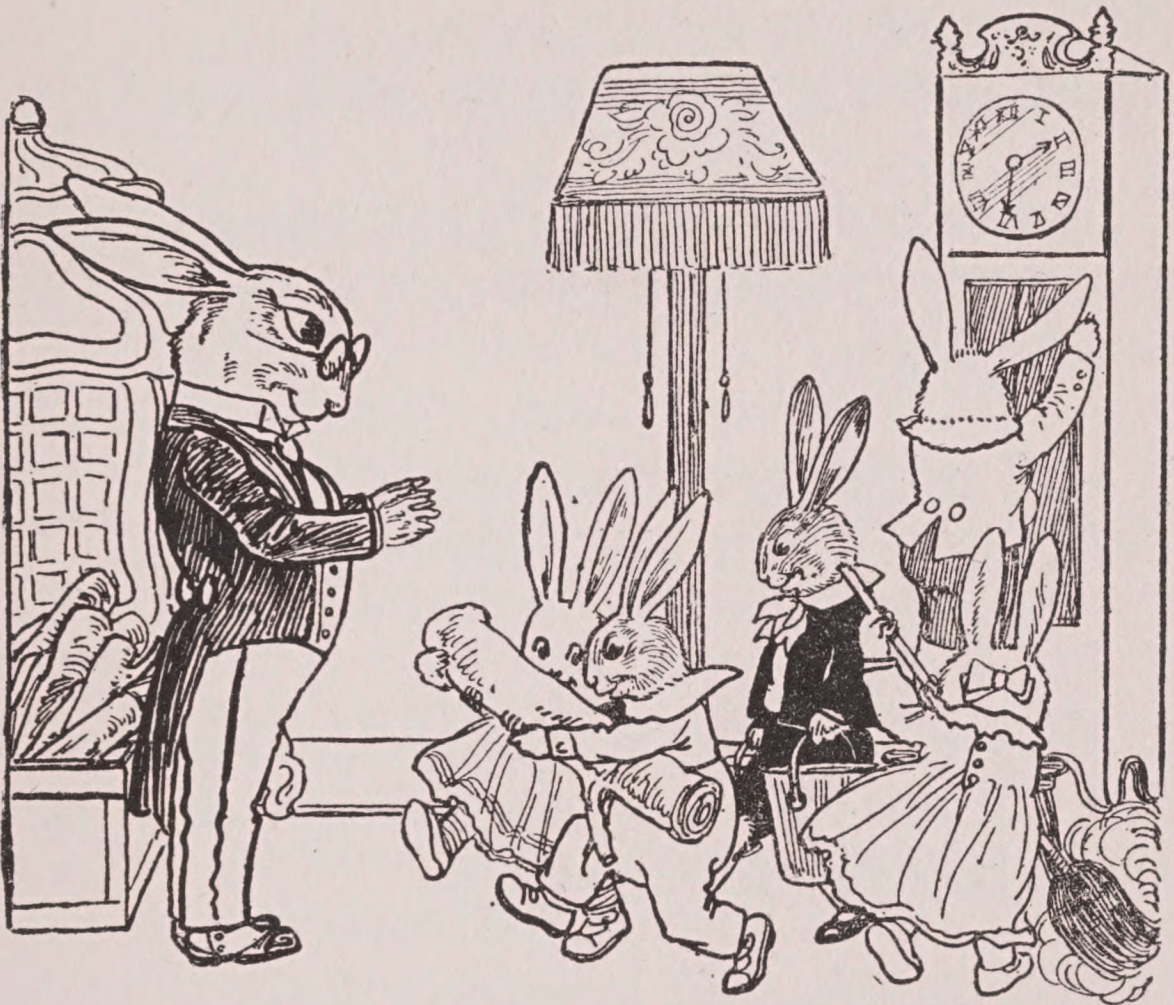


He Jumped Rope Until He Was Stiff and Lame









Homeless Bunny sprang up on a stool  
and wound it up, saying,

“This is making play of work;  
Though a little fellow, I never shirk.”

The Tea Kettle next sang out,  
“Any thoughtful son or daughter  
Would keep me filled with pure water.”

The Wood-Box found a voice and re-  
marked,



“If exercise is really good,  
Why don’t you fill me up with wood?”

In and out, in and out, ran the Bunnies  
bringing in wood and water and the Old  
Broom called,

“I will interrupt once more,  
Why don’t you stop and sweep the  
floor?”

They took turns sweeping the floor and  
Old Father Bun, not one particle discour-  
aged, began once more,

“Elf Exercise just loves to climb,  
So I’ll begin, ‘Once on a time’.”

A low chuckle was heard and in danced  
Elf Exercise himself. He got all the  
Bunnies to dancing and interrupted the  
telling of Old Father Bun’s story, of  
course, though he did manage to make  
them hear him when he said, in a sing-  
song kind of way,

“To be healthy every one tries;  
Do you take too little exercise?”



You may take too much, or after a meal.  
If you run too soon, how queer you feel."

Elf Exercise sang,

"Furry little Gentlemen,  
Breathe deeply, count to ten."

The Bunnies said it was fun to take  
deep breaths and count to ten.

The little Elf said we should all form  
the habit of drawing deep breaths, spe-  
cially when we were exercising out doors.  
We should take in plenty of fresh air, and  
he said that breathing pure air helped to  
make pure blood.

Elf Exercise said,

"Every Bunny, if he tries,  
Can take regular exercise."

He told the Bunnies it was foolish to  
take a great deal of exercise one day and  
none at all the next; in this way we would  
only make our muscles lame and sore.  
Homeless Bunny nodded his head grave-  
ly.





Elf Exercise led all the Bunnies in a race outside and finally vanished back of a rose bush and was off and away in the twinkling of an eye.

Healthy Bunny ran round the rose bush to look for him and there he saw a blue string; he drew it out and there was Old Mother Bun's lost sun-bonnet.



All the Bunnies were happy, you may be sure, to think Raggedy Bunny had not taken it.

Old Father Bun said he hoped his little silver watch would turn up in the same unexpected manner.

When Healthy Bunny asked him to begin to tell his story again he answered that he really thought Healthy Bunny had told it for him, but he added,

“To exercise and healthy keep,  
We must take long breaths and deep;  
And we learned it’s a safe way,  
To exercise out-doors each day;  
And no matter how well we feel,  
We’ll not exercise right after a meal;  
And every Bunny, if he is wise,  
Will take regular exercise;  
And a Bunny, to be strong,  
Will not exercise too hard or long;  
Every Healthy Bunny tries  
To take different kinds of exercise.”

All the Bunnies said, “Tell it again, tell it again,” but Old Father Bun replied, “What was that little song you were hum-



ming to the tune of "Yankee Doodle" a while ago?"

They all sang.

1

"A healthy child, if he is wise,  
I give you all fair warning,  
Can exercise well if he tries,  
Every night and morning."

Chorus:

"Clap again and keep the time,  
Hear our voices ringing;  
Bunnies now, in every clime,  
Of Good Health are singing."

2

To take deep breaths we all have learned,  
So prettily we're dancing;  
A holiday we think we earned,  
Retreating or advancing."

All the Bunnies said they enjoyed the Good Health Songs so much they were going to copy them and keep them in their little note books. Perhaps you would like to do that too, for Healthy Bunny says,

"Exercise, as far as I can tell,  
Will help to make and keep you well."



## Chapter Five

# THE TOOTH BRUSH STORY







## CHAPTER V

### THE TOOTH BRUSH STORY

It is almost past belief,  
Some people do not brush their teeth;  
Healthy Bunny says, "I really mean  
To brush my teeth and keep them clean."

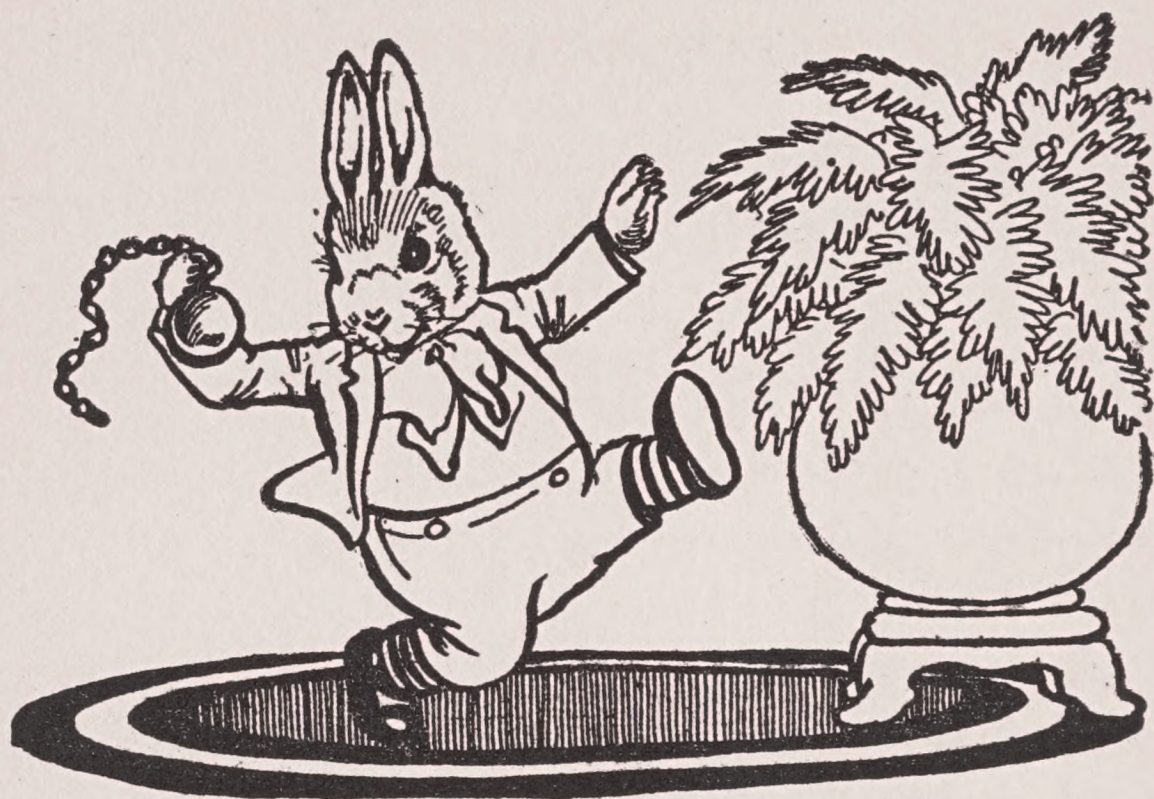
One evening Healthy Bunny was very sleepy but he sat up a while listening to the Family Clock tick its old familiar song.

Suddenly he put his paw up to his ear and listened, for behind the sofa he heard another tick, tick. Quick as lightning he slipped down behind the sofa and what do you suppose?

He found the watch that had a trick  
Of singing a song as it went tick, tick.

So Raggedy Bunny had not taken Old Father Bun's watch after all.





The little silver watch began to sing as soon as Healthy Bunny held it in his little warm paw.

It began to sing a tooth brush song to the tune of "Twinkle Little Star."

"We have teeth above, below,  
White and clean let's make them grow;  
Learn to use your tooth brush right  
Every morning, noon and night."  
Healthy Bunny said, "It's queer,  
It's hard to remember such things here."



The little silver watch said,

“To remember is not such a trick,  
If you will think a bit, tick, tick.”

Then to Healthy Bunny's surprise he told “The Tooth Brush Story,” and it sounded very like a story Old Father Bun kept in his story box upstairs:

“Once upon a time Old Father Bun gathered many little Bunnies around him and gave each one ten cents to buy a nice, new tooth brush.

Heedless Bunny went hippety-hop  
And spent his dime at the candy shop.

All this time the little lonesome tooth brushes stood on the shelf singing.

“Will no one ever come and buy?  
We are so lonesome, we could cry.”

Along came the patter, patter, patter  
of little feet.

Happy Bunny went hippety-hop  
And bought corn to pop, pop, pop.



The little lonesome tooth brushes were so discouraged they sat in a row and sang,

“We sit all day on the shelf so high;  
Will no one ever come to buy?”

At this very minute a little Bunny entered the store with a dime and walked straight to the counter and said,

“I must go on, I’m in a rush;  
Will you sell me a good tooth brush?”

My! the tooth brushes were excited, and they danced around so fast Bunny could not count them all.

By and by Healthy Bunny bought a good looking tooth brush with a hole in the end to hang it up by, and he went out singing,

“I like to teach things; isn’t it funny  
That my name should be Healthy Bun-  
ny?”

Just then he met Heedless Bunny crying with toothache because he neglected his teeth so much, and Homeless Bunny holding his paw to his face, and for once Happy Bunny looked sad and said,





“To the dentist I have to go  
To have a tooth taken out, you know.”

Healthy Bunny remarked,

“When ten cents once more you earn,  
Get a tooth brush and try to learn  
To brush your teeth without fail;  
Good bye, good bye, little ‘Cotton-Tails’.”

That evening when all the Bunnies got



together Healthy Bunny told them "The Tooth Brush Story," and the little silver watch interrupted in the most comical manner. It sang,

"To be good Bunnies I know you mean;  
I hope you'll keep your teeth all clean."

All the Bunnies replied that they now had new tooth brushes but it was hard to remember to brush their teeth without being told. They said it was hard, too, for them to always find their tooth-brushes.

Homeless Bunny said,

"I may mislay mine by tomorrow,  
But some one's brush I can borrow."

The little watch ticked then with a furious noise and remarked,

"There are some things we must not loan;  
Your own tooth brush you must own."

Old Mother Bun laid her knitting down a minute and said,

"You know it does seem rather funny,  
Some children are careless as well as  
Bunnies;



But clean white teeth in even rows  
Do look well, as every one knows;  
So we should brush them every day  
To help to keep the germs away."

Old Father Bun said,

"What shall we do, what shall we do  
To remind the Bunnies and children  
too?"

I suppose they would have been sitting  
talking about it yet if Old Father Bun's  
little silver watch had not called out  
cheerfully,

"I give advice, though I'm no boaster;  
Why not make a tooth brush poster?"

The Bunnies were pleased at the idea.  
They worked a long time. They cut tooth  
brushes of pasteboard and made comical  
faces upon them. On the back of each  
they wrote such verses as,

"To be healthy I'm sure you mean;  
I'll help you keep your teeth quite clean."

On another one they wrote,

"I'll remind you, as you should,



To very slowly chew your food."

On still another one they wrote,

"To run and play don't make such haste  
As to forget your tooth-brush paste."

On another they wrote,

"When you break a tooth, you know,  
To Doctor Cotton-Tail please go."

They made one more poster and wrote  
on it,

"What better thing now can I say  
Than brush your teeth three times a  
day?"

When the tooth brush posters were  
done, Old Mother Bun said,

"As my needles click,  
To distribute them will be a trick."

Father Bun thought and then began  
to laugh,

"Ha, ha, ha," said Old Father Bun,  
"I've thought of a way that will be fun.  
In our Air-Ship we'll sail away,  
And drop them down for a year and day;



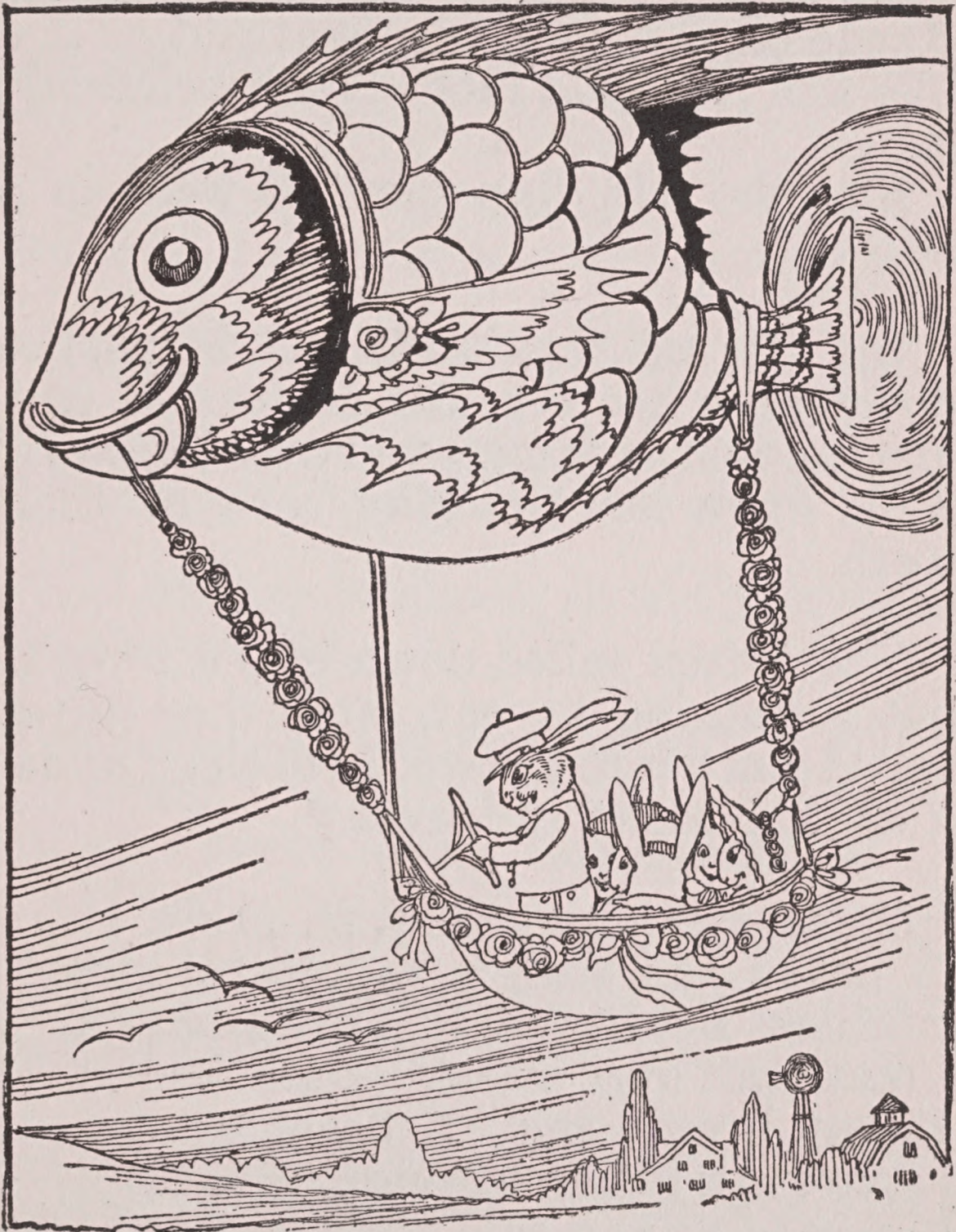


They Cut Tooth Brushes of Pasteboard and  
Made Comical Faces Upon Them









Into every city and every town  
The tooth brush posters will sail down;  
So every Bunny and child that's wise



Can have good teeth soon if he tries;  
Come on, come on, who is afraid  
To join this glad tooth-brush brigade?"

Into the Air Ship they all went in a hurry.

Up, up, up they sailed and dropped down their tooth-brush posters so children as well as Bunnies all over the world could know how to take care of their teeth.

They often sailed down into a town to get something to eat, and they often sailed down into the woods to sleep under a warm blanket of leaves.

Homeless Bunny said with pride,  
"I never had such a wonderful ride;"  
Heedless Bunny said "Without doubt,  
I may lean over and fall out."  
Happy Bunny said, "I declare,  
I love to go riding through the air."  
Raggedy Bunny said, "It's worth money  
To take advice from Healthy Bunny."

At the end of a year and a day they all sailed homeward. All of the visiting Bun-



nies but Homeless Bunny went to their own homes. He curled up on a mat and said,

"I am healthy, I do declare,  
Because I breathe so much fresh air."

Healthy Bunny remarked,

"If we can have a picnic tomorrow,  
Little picnic baskets I'll borrow."

Old Mother Bun said, as she nodded to Old Father Bun,

"We never can tell what tomorrow will  
bring,  
So let's make merry and dance and  
sing."

As they danced in a ring, Old Father Bun was the gayest of them all,

For in his pocket his watch had a trick  
Of singing songs with a tick, tick, tick,  
And said, "I'm glad no more to roam;  
Why can't we be happy right here at  
home?"







Chapter Six

**FRESH AIR**







## CHAPTER VI

### FRESH AIR

Healthy Bunny, Healthy Bunny  
Breathes in good fresh air;  
Healthy Bunny, Healthy Bunny  
Is welcome everywhere.

Next day the schools opened in Bunny Town, so the Bunnies did not go on a picnic after all at that time.

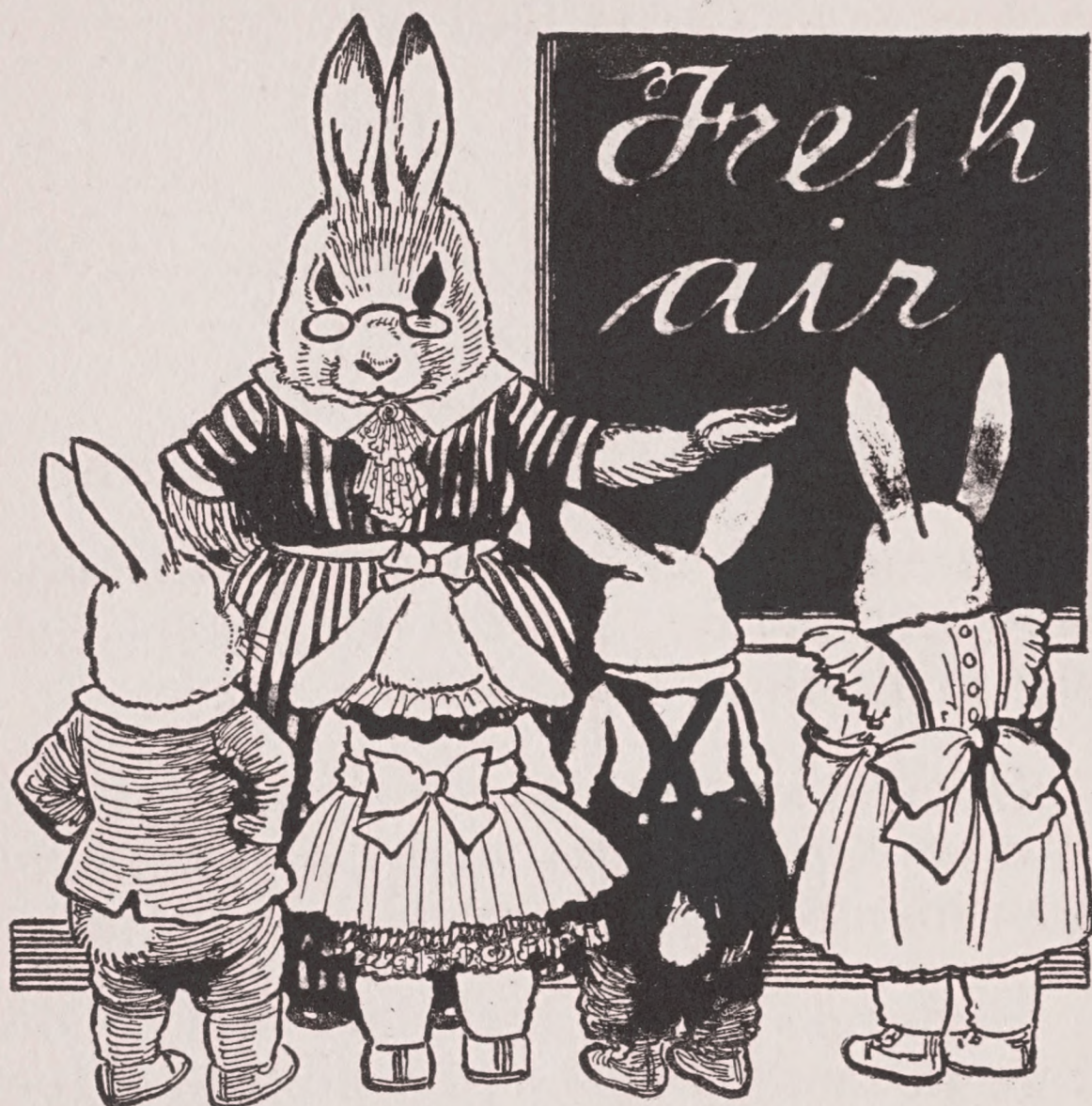
Healthy Bunny ate a sensible breakfast and packed his own dinner pail, and went hoppety skip off to school.

Homeless Bunny had slept in a hollow tree all night and he just nibbled a few green things as he went along.

Heedless Bunny ran into a puddle of water and had to sit with wet paws until recess.

Happy Bunny sang little songs to his own funny little tunes as he went along. He sang,





“The air is bracing, fine and cool;  
I just love to go to school.”

Raggedy Bunny fairly bumped along  
for he never walked straight, and he said,  
when he looked at the blackboard,

“’Twas a jolly walk, I do declare,  
And now we’ll study about fresh air.”



Sure enough, on the blackboard were the words, "FRESH AIR."

The teacher, Bunny-Know-A-Bit, had all the Bunnies stand in a row and she said,

"In time and tune we always keep;  
Take in breaths, please breathe deep."

She made those cute little Bunnies take deep breaths while she counted ten, and she made them breathe slowly, too.

She said that out-door air is purer than in-door air, and she asked the Bunnies how many hours a day they spent out-doors.

The Stay-At-Home Bunny looked sad for he liked nothing better than to curl up in a corner and eat carrots all day.

Bunny Know-A-Bit next said,

"Now Bunnies, I give you all fair warn-  
ing,  
You must take deep breaths night and  
morning."

All the Bunnies said they would try to



remember to do this for they wanted to grow up strong and well.

Bunny Know-A-Bit continued,

“There are reasons, I suppose,  
Why we should breathe through the  
nose.”

Not a single Bunny could tell why we should breathe through the nose!

She taught them first that the nose is lined with a membrane that moistens the air as it passes; second, that the air is warmed as it goes through the nose; third, the hair in the nose helps to catch particles of dust we would otherwise breathe into the lungs.

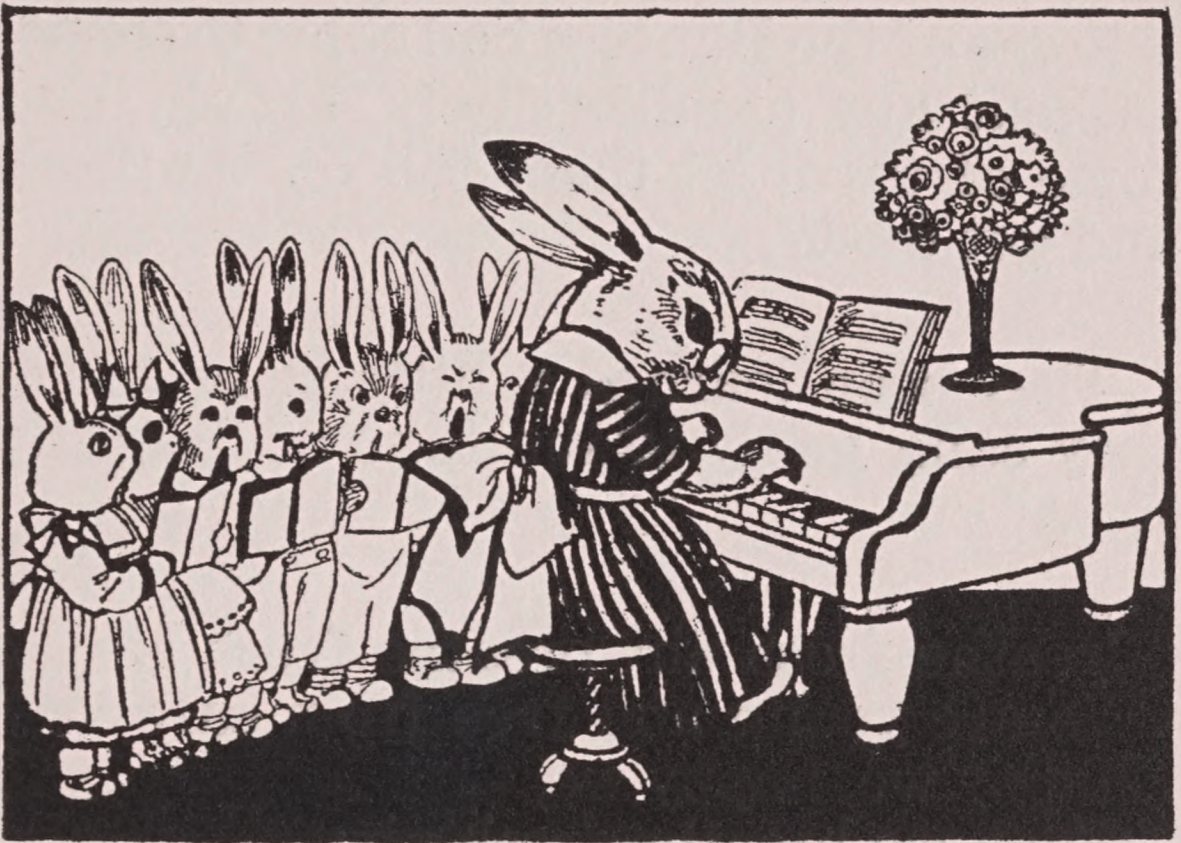
Bunny Know-A-Bit next asked,

“Do you go to bed by candle light?  
Do you open a window every night?”

Healthy Bunny was the only one who always kept his window open at night.

In the Bunny school they tried many experiments to see if the air in the room was in motion as it should be. They could tell there were currents of air by holding





a candle by a window, door, or register, because the air blew the flame.

Heedless Bunny sneezed very noisily at this minute, and he did not think to cover his nose with his handkerchief, so the teacher remarked,

“To me it is almost past belief  
That you don’t use your handkerchief.”

She said we should always cover the nose with a handkerchief when we sneeze for we do not want to spread germs or give our cold to another. She continued,

“Some careless Bunnies I have seen;  
I hope your handkerchiefs are clean.”



Some of the Bunnies had come to school without any handkerchiefs at all, and some of them let them fall on the floor and get dusty.

They soon learned a little song which they sang gayly to the tune of "Lightly Row,"

"Breathe fresh air, breathe fresh air,  
We are young and free from care;  
Happy we, happy we,  
When we breathe fresh air;  
On a Health Crusade we go,  
Helping all to learn, you know;  
Everywhere, everywhere,  
We must breathe fresh air.

The Bunnies made little paper wind-mills and pinned them on sticks near an open window, and they turned merrily round and round. They all had a happy day in school, and when evening came they gathered round the open fire and popped corn.

Old Mother Bun was knitting as usual, and her needles clicked as she said,



"I have apples to give away,  
If you'll tell me what you learned today."

Old Father Bun remarked slyly,  
"When I was little, as a rule,  
I left my thinking-box at school."

Healthy Bunny turned a somersault  
and said,

"To wake in the morning well and bright  
We should leave a window open all  
night."

Happy Bunny said, waving his long  
ears to and fro,

"New ideas make some commotion,  
But we need fresh air in motion."

Heedless Bunny said, as he wrinkled  
his nose,

"I hope I'll not be called on in turn;  
I can seldom remember what I learn!"

Raggedy Bunny said,

"All healthy people have a care  
To breathe enough of good fresh air."

Homeless Bunny jumped about and  
cried,



"In coughing we'll not come to grief,  
If we use a handkerchief."

One by one the Bunnies called "good night," and went merrily homeward.

Late that night, when the moon was shining, Healthy Bunny got up and peeped out to see the moon shining. The friendly trees waved to and fro in the breeze and seemed to beckon to him. The road stretched out invitingly.

He got out of bed and went pitter-patter down stairs. As he passed the living room, the Family Clock called out,

"When will you come back, Healthy Bunny?"

I miss you though that seems quite funny!"

Healthy Bunny answered,

"Good bye, I'm going to breathe fresh air;  
I may return with the Mad March Hare."

He said it jokingly: he did not know that at this minute the Mad March Hare might be running eagerly to meet him!



## Chapter Seven

# THE MAD MARCH HARE







## CHAPTER VII

### THE MAD MARCH HARE

The Mad March Hare with never a care  
You may meet upon your way;  
The Mad March Hare with never a care  
May just pause to say good day!"

One day all the Bunnies in the woods went for a picnic, and the Mad March Hare was with them. He upset the coffee and spilled the tea. He put salt on the berries and sugar on the meat.

Old Mother Bun said,

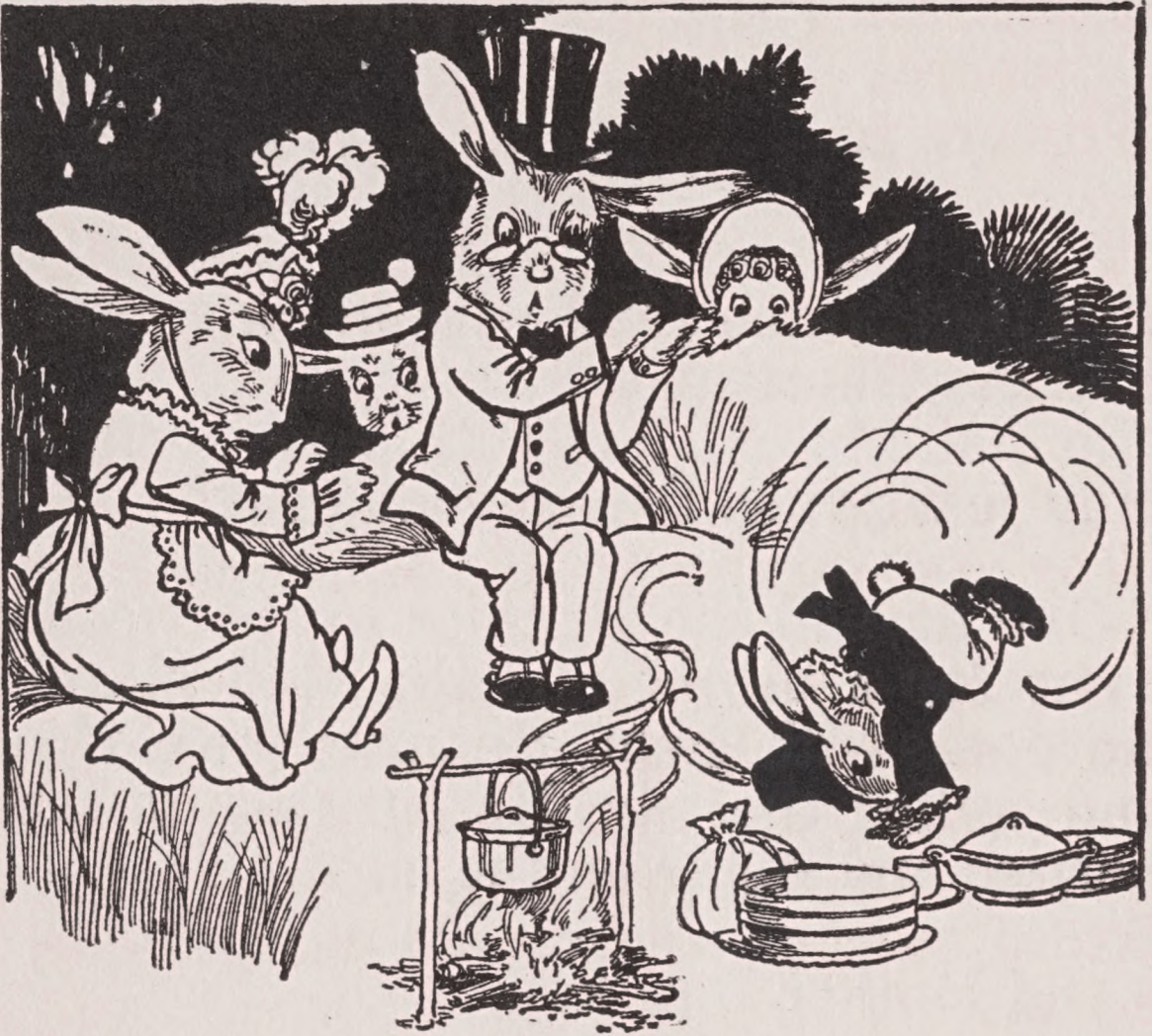
"You are very careless, I do declare;  
Why are you angry, Mad March Hare?"

The Mad March Hare stared straight in front of him and scolded loudly.

At this, Old Father Bun said,

"We all have plenty of good fresh air;  
Why are you angry, Mad March Hare?"





This time the Mad March Hare stood on his head but said never a word.

Healthy Bunny put his little soft furry paws around him and whispered,

“Won’t you try sometimes to be good?  
You might spoil our picnic in the woods.”

The Mad March Hare flopped his long ears to and fro and Happy Bunny said,



“If you look you’ll find friends every-  
where;  
Why are you angry, Mad March Hare?”

The Mad March Hare began to eat clo-  
ver as though nothing else mattered, and  
Heedless Bunny said,

“You’re a terrible fellow but I don’t care;  
Why are you angry, Mad March Hare?”

Homeless Bunny whispered in one ear  
and Raggedy Bunny whispered in the  
other, and by and by the Mad March Hare  
sat down by the picnic party quietly for  
sixteen seconds so all could enjoy them-  
selves.

By and by he began to talk and say in  
a sing-song kind of way,

“I’m naturally angry, I do declare,  
For people get mad just everywhere,  
Mad at morning, night and noon,  
Mad beneath the silver moon,  
Mad today and mad tomorrow,  
Angry words may bring sorrow;  
I will shed tears, I do declare,  
For I meet Mad Bunnies everywhere.”



Old Mother Bun began to knit. Her needles clicked with a familiar sound and she said, "Poor little Mad March Hare, I believe you see so many Bunnies who lose their tempers that you gather up the scowls and tears and it makes you mad the whole year round."

Old Father Bun said, between puffs of his pipe, "I wish we could turn you into a glad March Hare. Come on and play games in the sunshine." So they all began to play tag, but Healthy Bunny was mad in a minute because he was caught, and the Mad March Hare leaped six feet in the air, then Happy Bunny tripped and fell and cried so hard you could have heard him a mile away!

He said by and by,

"I stub my toe wherever I go;  
It makes me cry, it hurts me so."

The Mad March Hare boxed his ears and shouted,

"It makes me mad when Bunnies cry;  
I can't tell the reason why."





They set up a game of croquet, and in five minutes Heedless Bunny cheated a little, for he shoved the ball, and the Mad March Hare shouted,

“My disposition would be sweeter  
If I did not find a cheater.”

Homeless Bunny set up a howl for it began to rain.

The Mad March Hare shouted,

“Down, down, fell the drops of rain;  
It makes me mad that you complain!”



Raggedy Bunny said that some of his cookies were lost and he made such a fuss that the Mad March Hare leaped about and boxed ears right and left and cried, cried,

“Now you know the reason why  
I’m angry too because you cry.”

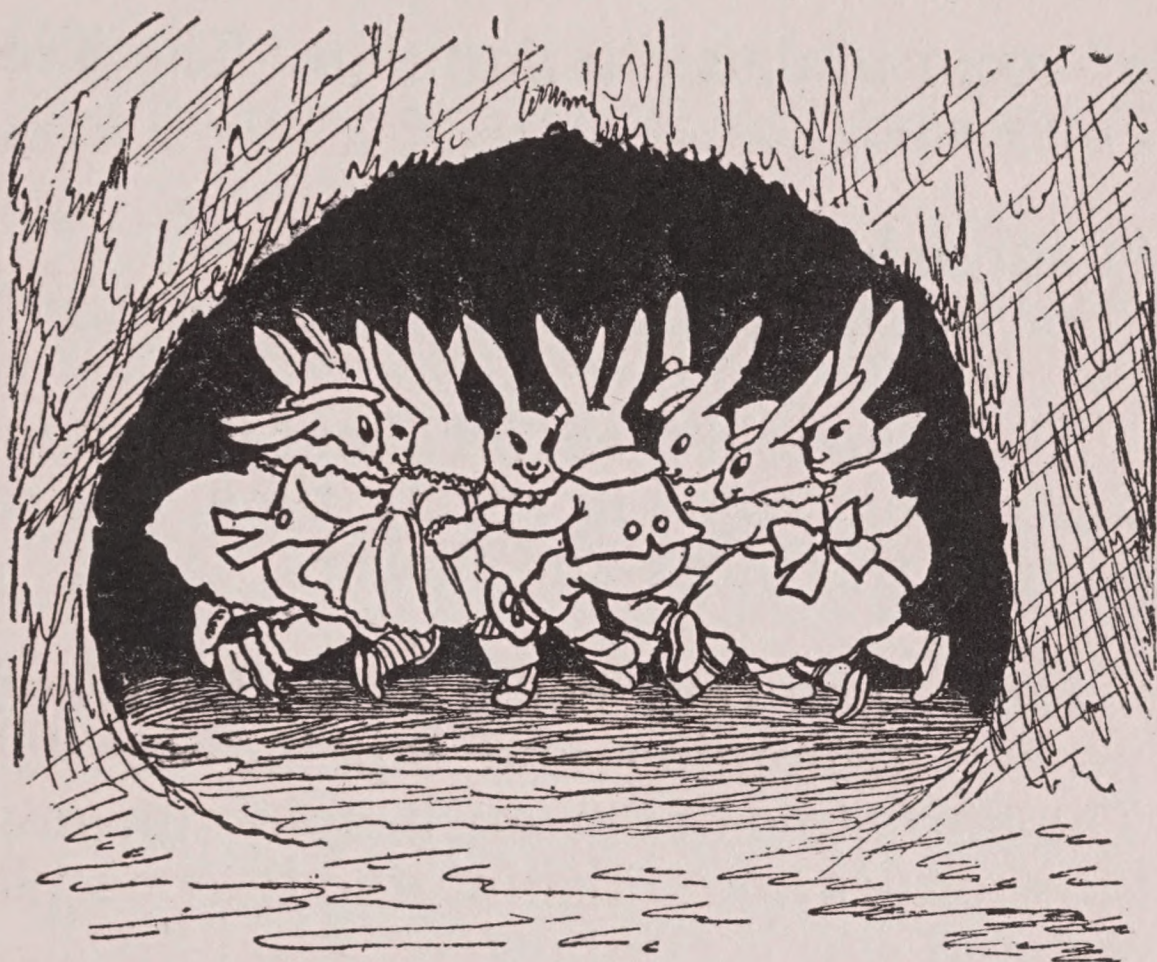
Then, if you guessed for hours and hours, you could not imagine what happened next. A boy with a gun stood in the path that led through the woods. The boy stood very still. The Bunnies stood still, all but the Mad March Hare. He went up to the boy and shouted to him,

“I’m the Mad March Hare, ’twill spoil our  
fun  
Unless you will lay aside your gun!”

The boy was so surprised to hear the Mad March Hare talk that he dropped his gun and ran as fast as his legs could carry him.

The rain fell so hard that even Healthy Bunny remarked,





“My fur and whiskers won’t keep dry;  
To hide under this tree I’ll try.”

Then the most surprising thing happened!

A fairy peeped out of a hollow tree and said,

“The Fairy Folk are all away;  
Come and enjoy your holiday.”

In they all trooped. Inside the tree it was warm and dry and there was plenty



of room to dance a hornpipe. The Tree Fairy said,

“I am so happy I always sing,  
For Bunnies, dear, it is really spring.”

Then she told them all about the happy things that come in spring time, the return of the birds and flowers.

Even then they could hear the Woodpecker drumming and tapping outside. The Fairy told of flowers peeping up amid the showers and sunshine and they peeped out and saw a rainbow.

Again she told of the awakening of flowers and they caught the breath of violets.

The Tree Fairy told them so many woodland secrets and showed them so many happy things waking, waking in the spring time, that they all grew glad as glad could be, and even the Mad March Hare said,

“If you’ll not get mad at anything,  
I’ll join the Fairy and sing and sing;



Will you be happy now, my dears,  
And promise to shed no more tears?"

All the Bunnies promised, and with many a good wish for the Tree Fairy, danced homeward, saying they had had a merry old picnic after all.

That evening Old Mother Bun and Old Father Bun and Healthy Bunny sat by the fire warming their paws and Old Mother Bun said,

"I've finished some knitting, I do declare;  
Here's a red cap for the Mad March  
Hare."

Old Father Bun said,

"In my work-shop there's a red rocking  
chair;  
I've made it for the Mad March Hare."

Healthy Bunny said,

"The Mad March Hare might be good  
If I'd share with him my food."

The Whistling Wind blew a great blast  
and down the chimney danced some soot.



The Whistling Wind blew the back door open and in danced the Mad March Hare.

He sang,

“I’m happpy now, if I don’t lose my wits;  
Ha, ha, ho, ho, the new red cap fits.”

He put on the cap Old Mother Bun had made for him, he snatched a cookie from Healthy Bunny and bounded out to the work shop to see his new rocking chair!

He called to the other Bunnies,

“You’ve made me glad a minute, I do de-  
clare;  
I’m the Mad little, bad little Glad March  
Hare.”

Healthy Bunny laughed until he cried and said, “I do wonder if we will ever tame him.”



## Chapter Eight

# SAFETY FOR ALL







## CHAPTER VIII

### SAFETY FOR ALL

Healthy Bunny made a banner,  
These words to repeat;  
He'll teach a lesson in this manner,  
"Safety on the street."

One day Healthy Bunny made a banner, and wrote on it in large red letters, "SAFETY FIRST."

He ran down the road and every member of the Cotton-Tail family that he met asked him what the words meant on the banner, or suggested something to him.

He met Happy Bunny who said, "Safety First suggests to me we must kill all the flies we can, because they carry germs."

Homeless Bunny said, "We must keep ourselves clean to be healthy."





Healthy Bunny said, "Let us go into town and walk up and down the street, and I will show you what I really meant when I made this banner." Soon they had to cross a street full of teams and cars coming and going. Heedless Bunny started to run right in front of a car, of course!

Healthy Bunny held him back and made all the Cotton-Tails look before they at-



tempted to cross a street. Then he made them learn a little verse by repeating it over and over,

“A jingle now you can repeat,  
When you have to cross the street;  
This thing’s not learned in any book,  
Up and down please pause and look!”

Happy Bunny was the first to learn the verse and he and the other Bunnies begged to go on.

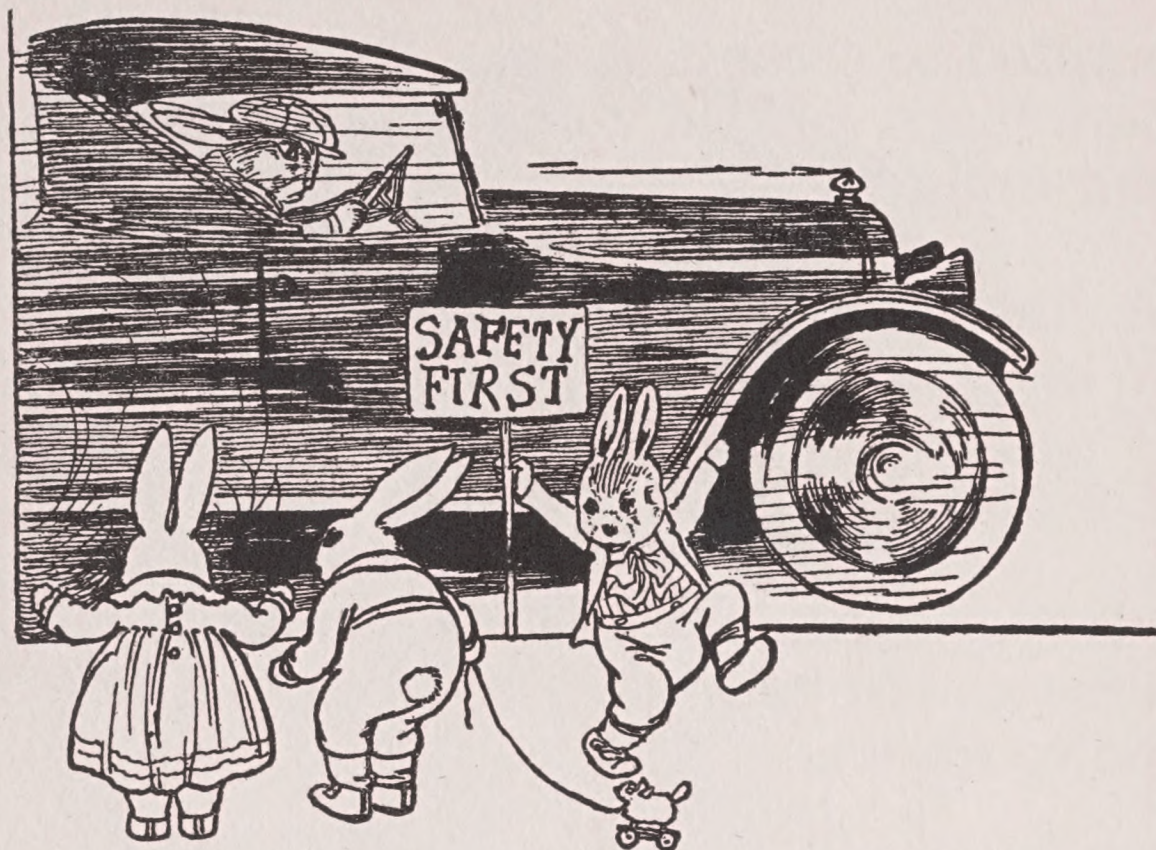
Healthy Bunny had been to town before and he had seen many things out of his big eyes. He continued thoughtfully,

“How many times must I repeat,  
‘Don’t play your games upon the street’?”

Raggedy Bunny put his rubber ball back into his pocket and Heedless Bunny nearly trod on his toes, for he never looked where he was going. Heedless Bunny remarked that he was always getting hurt on the street for he seldom looked to see where he was going.

Healthy Bunny said,





"Something may happen that is worse,  
If you don't think of Safety First."

Raggedy Bunny shuffled as he walked  
along and Healthy Bunny said,

"It is wise to lift your feet,  
When you walk across the street."

Happy Bunny made up a jingle at this  
time and said,

"To learn about manners as well as  
health  
Will mean to us much more than wealth."

Heedless Bunny stopped to talk to a









He Drew His Own Picture with a Piece of Coal



stranger and Healthy Bunny reminded him as they walked along that it is not wise to talk to strangers, that we should always know whom we are talking to, and if we really need to ask a question the Policeman Bunny will gladly answer us.

The cars were coming so fast in each direction that Healthy Bunny cried,

“We might all get hurt, alas!  
Better let the swift cars pass.”

Healthy Bunny kept Heedless Bunny and Raggedy Bunny from hitching onto an ice wagon. My! they did want some little pieces of ice to eat! and they were sulky until they came to the next block and saw the Mad March Hare hitch his little bob-sled onto a truck and fall off and break his leg! My! what a hurrying and scurrying there was!

He had to go to the Bunny Hospital, of course, and he was a terrible patient for he threw his medicine bottle across the room and he tore the bandage off his leg and upset his soup. He was so very wild that by and by, lame as he was, he jumped out the window and never stop-



ped running till he saw Old Father Bun rocking to and fro by the window.

Old Mother Bun said, "I do declare,  
Here's the sad little, bad little Mad March  
Hare."

Old Father Bun just took the poor little fellow up in his lap and said,

"You just cuddle right up to me;  
What you need is sympathy."

For once in his life the Mad March Hare forgot to shout, and Old Mother Bun fed him lemon jelly and the other Bunnies trooped in while Healthy Bunny was still talking about "SAFETY FIRST."

He said,

"Safety First will save much pain;  
To hitch on wagons let's refrain."

At this, the Mad March Hare got very wild for it reminded him of his trouble and he made such a noise they were obliged to lock him up in the coal cellar.

Healthy Bunny asked his friends if they knew the tune to "Mary Had A Little Lamb," and as they all knew it, he taught



them these words, a line at a time. They called the song "SAFETY FIRST."

"We will sing of safety first,  
Safety first, safety first,  
We will sing of safety first  
Everywhere we go;  
When we're walking on the street,  
On the street, on the street,  
When we're walking on the street,  
We'll be keen you know.  
Safety first is good for all,  
Good for all, good for all,  
Safety first is good for all,  
'Twill our motto be;  
Safety first then we repeat,  
We repeat, we repeat,  
Safety first then we repeat,  
Walking on the street."

Late that night, Old Father Bun went downstairs, "Pitter, patter," sounded his little feet.

He went to the coal cellar to let the Mad March Hare up. He expected to find him very wild, but, to his complete surprise, he saw him drawing with a piece of coal on the whitewashed wall.



He drew his own picture, too, and wrote upon the picture.

He drew his picture many times larger than it was.

He wrote on one ear,

“As Safety First we learn to know,  
We’ll conquer germs each day or so.”

On the other ear he wrote,

“Don’t talk to strangers that you meet,  
When walking up and down the street.”

On one paw he wrote,

“Some things practise as well as talk,  
Lift your feet up when you walk.”

On another paw he wrote,

“You can be thoughtful if you try,  
Please let rapid cars dash by.”

He drew a back view of himself next and wrote on his little stubby tail all in capital letters,

“SAFETY FIRST IS THE MESSAGE I  
BRING,



I WILL NOT HITCH ON TO ANY-  
THING."

Old Father Bun clapped and cried out "Hurrah! hurrah!" and all the Bunnies woke, of course, and came trooping into the cellar.

The Mad March Hare saw a broken pane of glass in a cellar window and he dashed through it and was off and away in the moonlight before any one could wink an eye-lash.

Then Old Mother Bun said,  
"Go right back to bed."

Old Father Bun looked surprised and remarked,

"I thought he'd not mind;  
I meant to be kind."

The Mad March Hare came back and peeped in at Old Father Bun who was already putting a new window light in.

The Mad March Hare shouted, standing on tip-toe,



“I’m here, and there, and everywhere,  
I’m the dear little, queer little Mad  
March Hare.”

Old Father Bun did not reply this time but handed a carrot out to the Mad March Hare.

Next day all the Bunnies trooped down cellar and copied the pictures the Mad March Hare had drawn, and Healthy Bunny even went so far as to draw a Bunny Calendar and write verses on it. One verse they all liked and called it SAFETY FIRST.

“As Safety First we learn to know,  
We’ll conquer germs each day or so;  
And when we go out to walk,  
To strangers we will never talk;  
We all can learn to lift our feet  
When walking up and down the street;  
We’ll not play games when teams pass  
by;  
To be healthy we will try;  
The cars pass by so fast, you know,  
We will look before we go,  
And this one thing we’ll sing and sing,  
‘We’ll not hitch on to anything’!”



## Chapter Nine

# FIGHTING GERMS







## CHAPTER IX.

### FIGHTING GERMS

“To fight the germs,” said Healthy Bunny,  
“Shall be my vocation;  
To do this thing requires no money,  
But it needs education!”

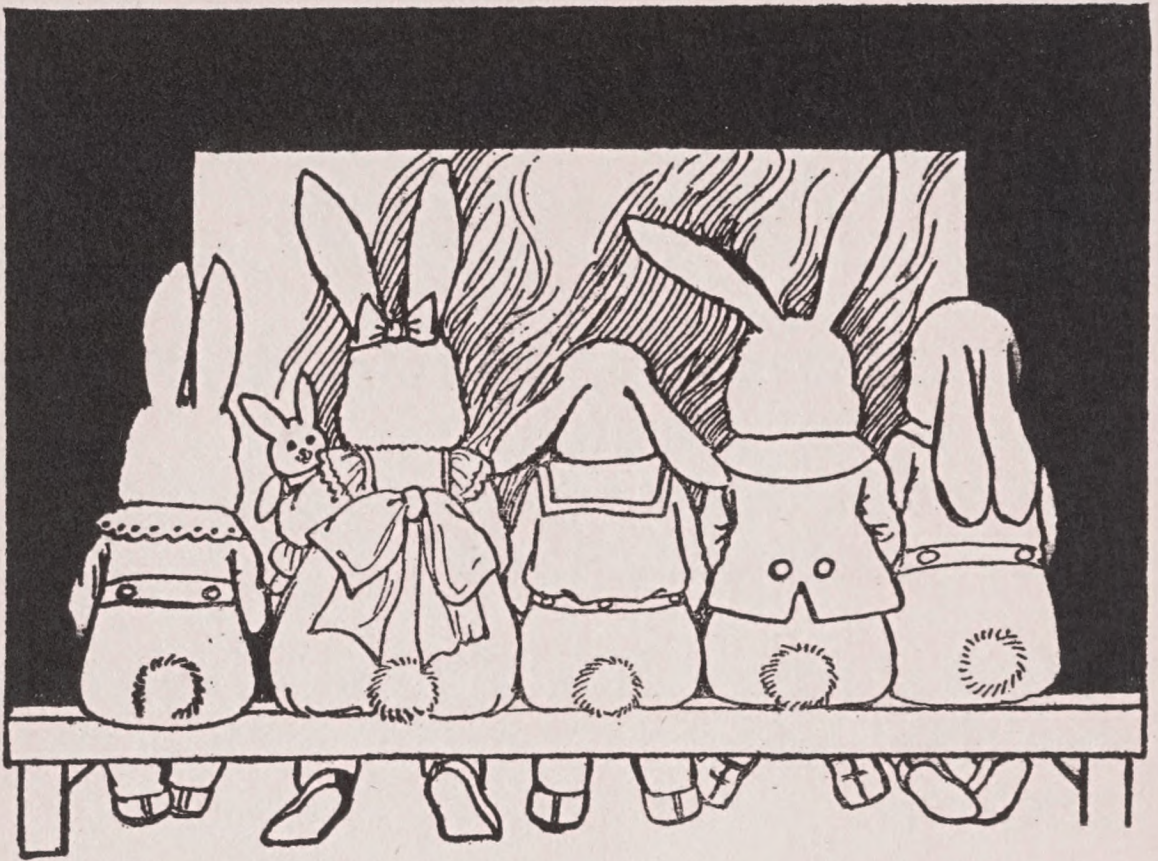
Next morning Healthy Bunny came to breakfast sweet and clean, with a good appetite.

Old Mother Bun smiled at the little Bunny visitors and excused their bad manners for they had not had much training.

Old Father Bun said,

“I’m glad to see you in your places,  
All with happy smiling faces;  
In the morning I wonder if half  
The Bunnies stop to take a bath?  
If you lived here, I’d give fair warning,  
You’d have to brush teeth every morning;





Now to be cheerful I know you mean  
As well as to try to keep quite clean.'

Happy Bunny clapped his paws and said, "We all forgot our manners, not one of us said 'Good Morning'."

Heedless Bunny tipped over his glass of milk and said in a low voice,

"To be clean I never care;  
I'm cousin of the Mad March Hare!"

Homeless Bunny said he never had a toothbrush in all his life until this year,



and Raggedy Bunny laughed so hard the table shook.

Healthy Bunny said as it was a stormy day they would all gather round the fire and keep their fur and whiskers dry and he would tell what he knew about germs.

Old Mother Bun opened the window to let in fresh air and began to knit in her cozy corner and Old Father Bun fell fast asleep over his newspaper while Healthy Bunny talked.

Healthy Bunny said we should always let in plenty of fresh air and sunshine as germs like to hide in dark places.

All the Bunnies made up little verses.

Happy Bunny said,

“We’ll fight the germs now early and late,  
This much we’ve learned at any rate.”

Homeless Bunny said,

“We understand now what you mean,  
We’ll all fight germs by keeping clean.”

Heedless Bunny winked at him and said,



“Health and cleanliness go hand in hand,  
A toothbrush is useful we understand.”

Raggedy Bunny chimed in,

“Pure food and water, pure food and  
water,  
Says each thoughtful son and daughter.”

Healthy Bunny continued, “Please remember that keeping early hours makes you strong and well and able to resist germs that are in the air. At this, Old Father Bun’s little silver watch sang,

“I have always heard it said  
Healthy Bunny goes early to bed.”

Healthy Bunny continued, “I hope you will all remember your handkerchiefs and use them to cover your mouths when you have a cold. I hope you will also remember to breathe through your noses, specially in winter, so the air will be warmed by the time you take it into your lungs.” He asked if they remembered what he had told them about exercise.

Happy Bunny sang,



“We should exercise each day,  
And always in the proper way.”

Suiting the action to the words those cunning little Bunnies got up to play a game.

Healthy Bunny stood in the centre of the circle they formed and ran in and out between them.

They all sing to the tune of “Twinkle Little Star,”

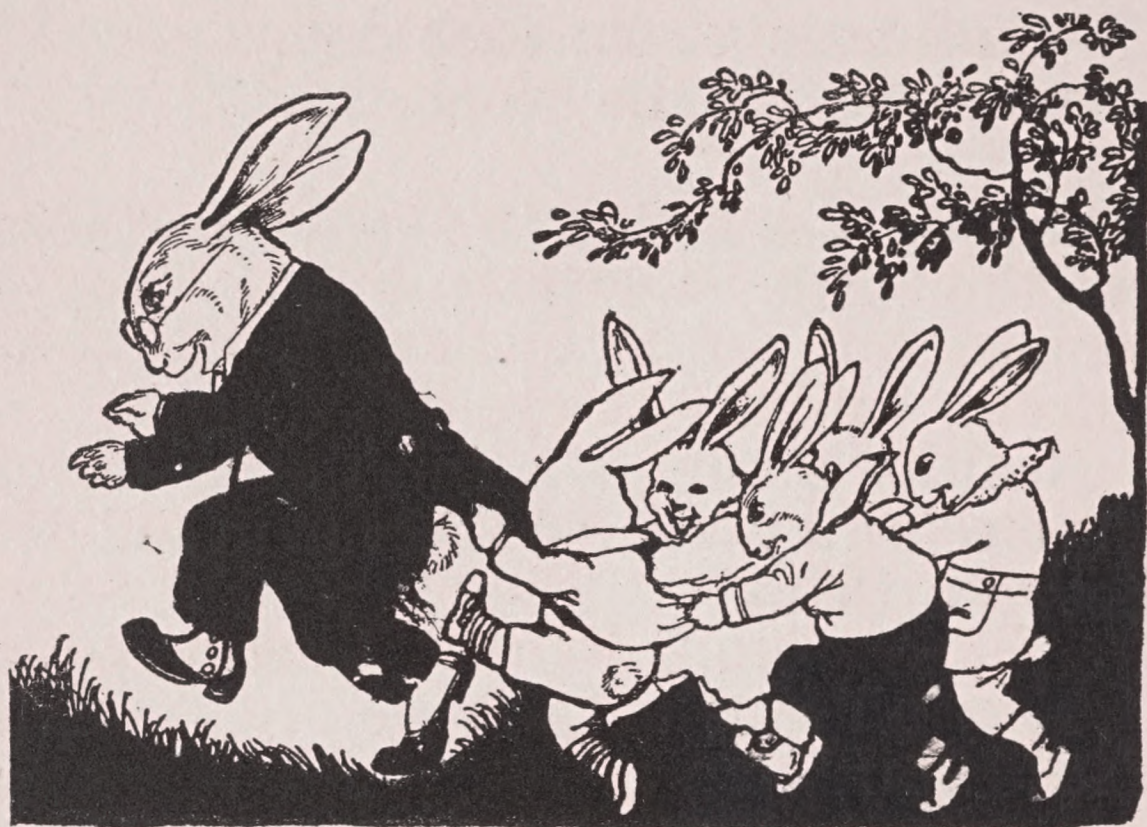
“Exercise now every day,  
For 'tis jolly fun to play;  
Close your eyes if you are wise,  
Or Bunny'll take you by surprise.”

Healthy Bunny dropped a little banner behind any one he chose and they changed places. They all sang the same song over and over and the game continued a long time.

By and by, as the sun came out, Old Mother Bun said,

“Run out-doors now quick, quick, quick,  
While my needles go click, click click.”





Old Father Bun woke up at this and went out with all the little Cotton-Tails hanging to his coat tails.

They had a jolly play in the sunshine and Old Father Bun taught them a new song, which they sang to the tune of "Comin' Thro The Rye,"

"We will learn to fight the germ,  
With sunshine and fresh air  
We are learning every term,  
There's good Health everywhere;  
We are learning little lessons  
In all our work and play,



We will learn to conquer germs  
With Good Health every day."

By and by, suddenly, without any warning whatever, Homeless Bunny took to his heels and ran off and away without so much as winking an eye-lash.

Heedless Bunny went hippety-hop after him, Raggedy Bunny did the same and Happy Bunny went off singing softly,

"There will be fun for every one,  
At the surprise party for Father Bun."

Healthy Bunny said,

"I'm not going to shed any tears;  
They may learn in 1000 years."

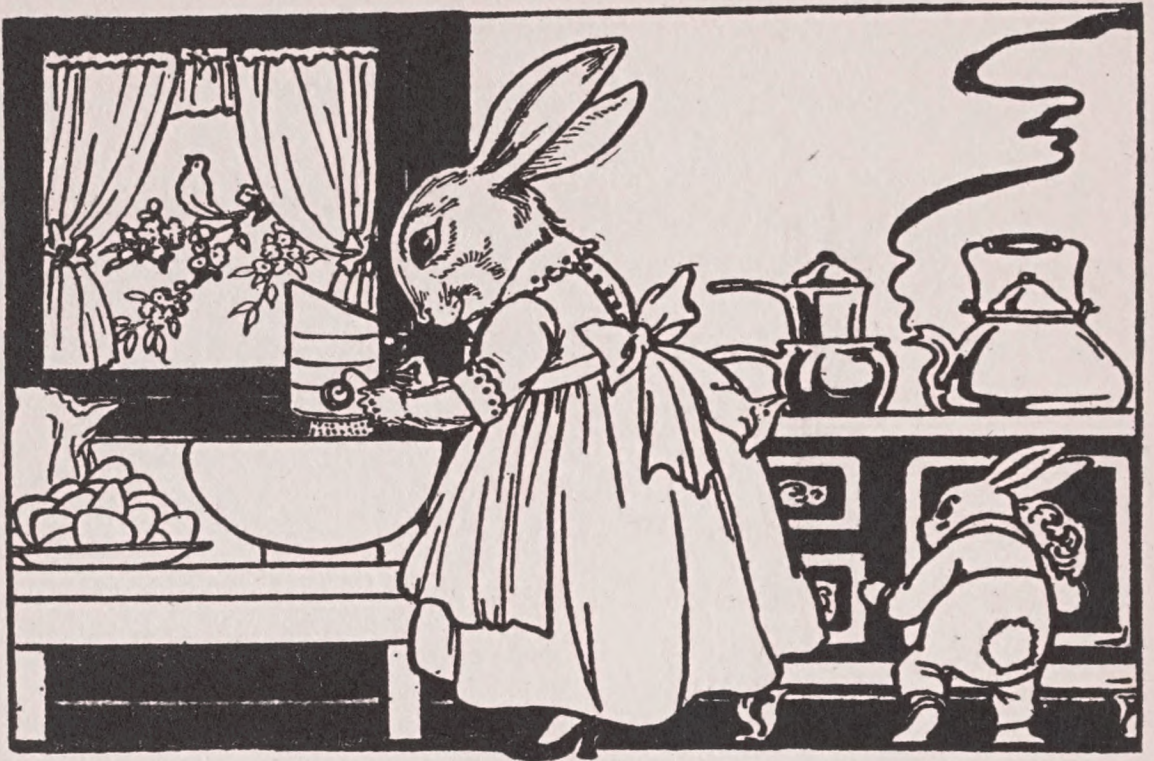
Healthy Bunny went back into the house and whispered to Old Mother Bun,

"Old Mother Bun, without a mistake,  
Tomorrow we'll need a birthday cake."

She laid down her knitting and stirred up the fire.

Old Father Bun said,





“I’ll carry wood—it is my turn;  
Are you trying to really fight the germ?”

Old Mother Bun shook her head at him.  
Then she began to make the largest birth-  
day cake you ever dreamed of.

Old Father Bun’s little silver watch  
sang to Healthy Bunny,

“Creep a little nearer, dear,  
I tick so loud perhaps he’ll hear.”

Healthy Bun then listened to the little  
silver watch ticking upon the mantel. It  
sang,

“We need eighty candles, unless I mis-  
take,



To really make Father Bun's birthday cake."

Off and away ran Healthy Bunny to buy eighty candles for the birthday cake.

He met Happy Bunny who said,

"I am off and away  
For a present today."

He met the Homeless Bunny who said,

"Hippety-hop, hippety-hop,  
I am off and away to the little shop."

He met Raggedy Bunny and Heedless Bunny who called to him,

"Hippety-hop, it is rare fun  
To buy a present for Old Father Bun."

On trudged Healthy Bunny to buy the candles. On his way homeward he met the Mad March Hare, who shouted as he scampered past,

"Ha, ha, ha, the secret's told,  
Old Father Bun is eighty years old."



Healthy Bunny set down his basket to think what present he could give Old Father Bun for his birthday. I don't know what in the world he would have done, but just then Honey-Bunny came by with a black box under his arm and cried,

"I'll take your picture just for fun,  
As a surprise for Old Father Bun."

Soon Healthy Bunny went along with his basket of candles and his photograph in his pocket.

As he crept softly in the side door Old Mother Bun was just taking the huge birthday cake out of the oven. It was so heavy she groaned as she took it out of the oven and Old Father Bun said,

"Is your back so bad, my dear?  
Speak loudly so that I can hear."

Old Mother Bun shouted in her funny way,

"Keep your chair, I say, in a voice quite  
firm;  
"I am studying how to fight the germ."



Healthy Bunny helped her frost the huge cake and they put the eighty red candles on it and set it high up on the pantry shelf.

Healthy Bunny had taken so much exercise in the fresh air and sunshine that he fell asleep as soon as his head touched the pillow.







## Chapter Ten

# GOOD HEALTH HABITS







## CHAPTER X.

### GOOD HEALTH HABITS

“Good Health Habits,” said Father Bun,  
“Can really be learned by any one,  
So I hope all little Rabbits  
Will try to learn Good Health Habits.”

So sang Old Father Bun one day. He sang over and over the same little song and Old Mother Bun interrupted slyly,

“A wonderful cake, a wonderful cake,  
Comes on your birthday, without mistake.”

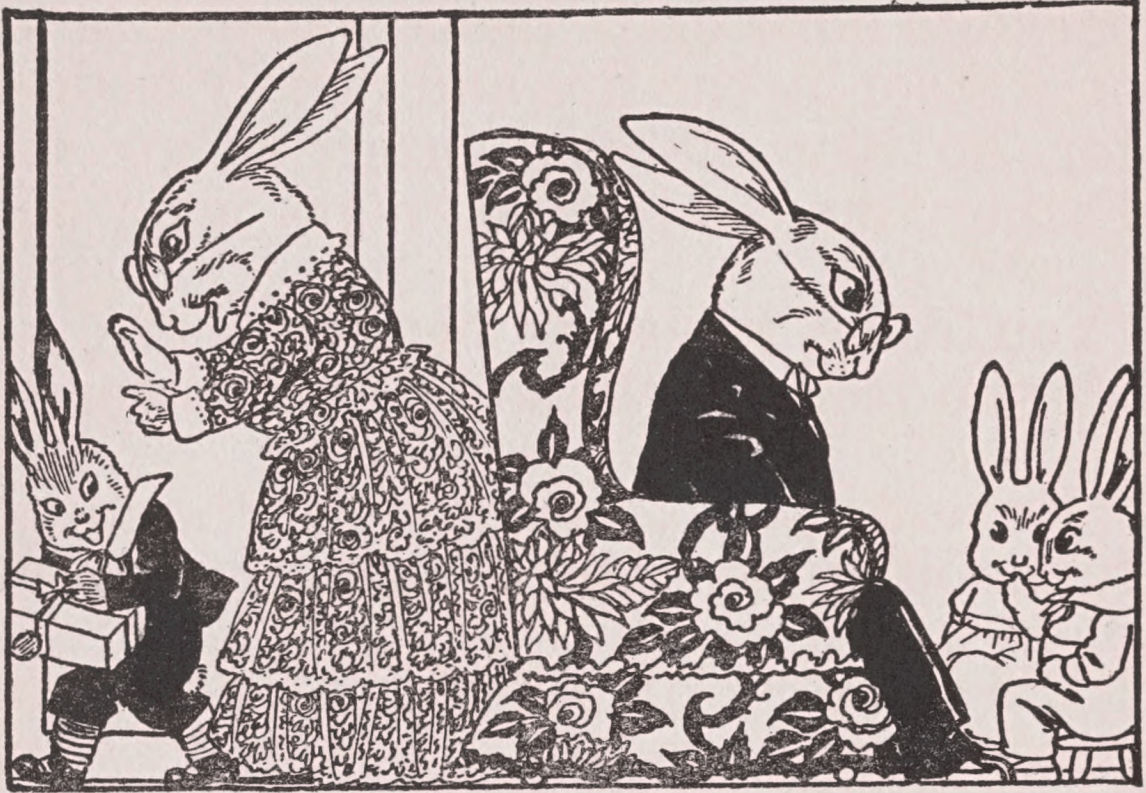
Old Father Bun did not pay any attention to her and Healthy Bunny said, “Do tell us about forming Good Health Habits,” so Old Father Bun said,

“Health Habits are easy to form, you see,  
If you do things with regularity.”

“Rap-a-tap,” sounded on the door.

In came Happy Bunny with a mysterious package.





He greeted his old friends and sat down on a three-legged stool by the fire.

Old Father Bun sang his song all over again and continued, "We should have regular hours for work and play, regular hours for exercise, and many other things are important in forming Good Health Habits."

"Please do not drink much coffee or tea; Milk and cocoa agree with you and me."

"Rap-a-tap," sounded on the door.

In came Homeless Bunny with a curious



package done up in tissue paper. He sat on a stool by the fire and merely nodded for he saw he was interrupting Old Father Bun, so the old fellow went on,

“You’ll find it always pleasant here,  
If you form the habit of good cheer.”

He said it was as easy to form the cheerful habit as the habit of being miserable.

Old Father Bun added that we should never allow ourselves to be upset by trifles that happen, such as rainy weather, or any disappointment that comes to us in carrying out our plans.

Said Old Father Bun, in a knowing way,  
“Tomorrow always follows today.”

He meant that no matter what happened we could look forward to better times, for we would always have another day coming.

“Rap-a-tap,” sounded on the door and in came Heedless Bunny. He tripped on a rug and upset a stool and made a great noise, but for all that Old Mother and Father Bun made him welcome, and a



little wee package peeped out from his coat pocket.

Old Father Bun said, as though nothing had happened,

“Good Health Bunnies, I’ve heard said,  
Will early rise and go early to bed.”

“Not on a Birthday night,” whispered the Bunnies and they looked very knowing.

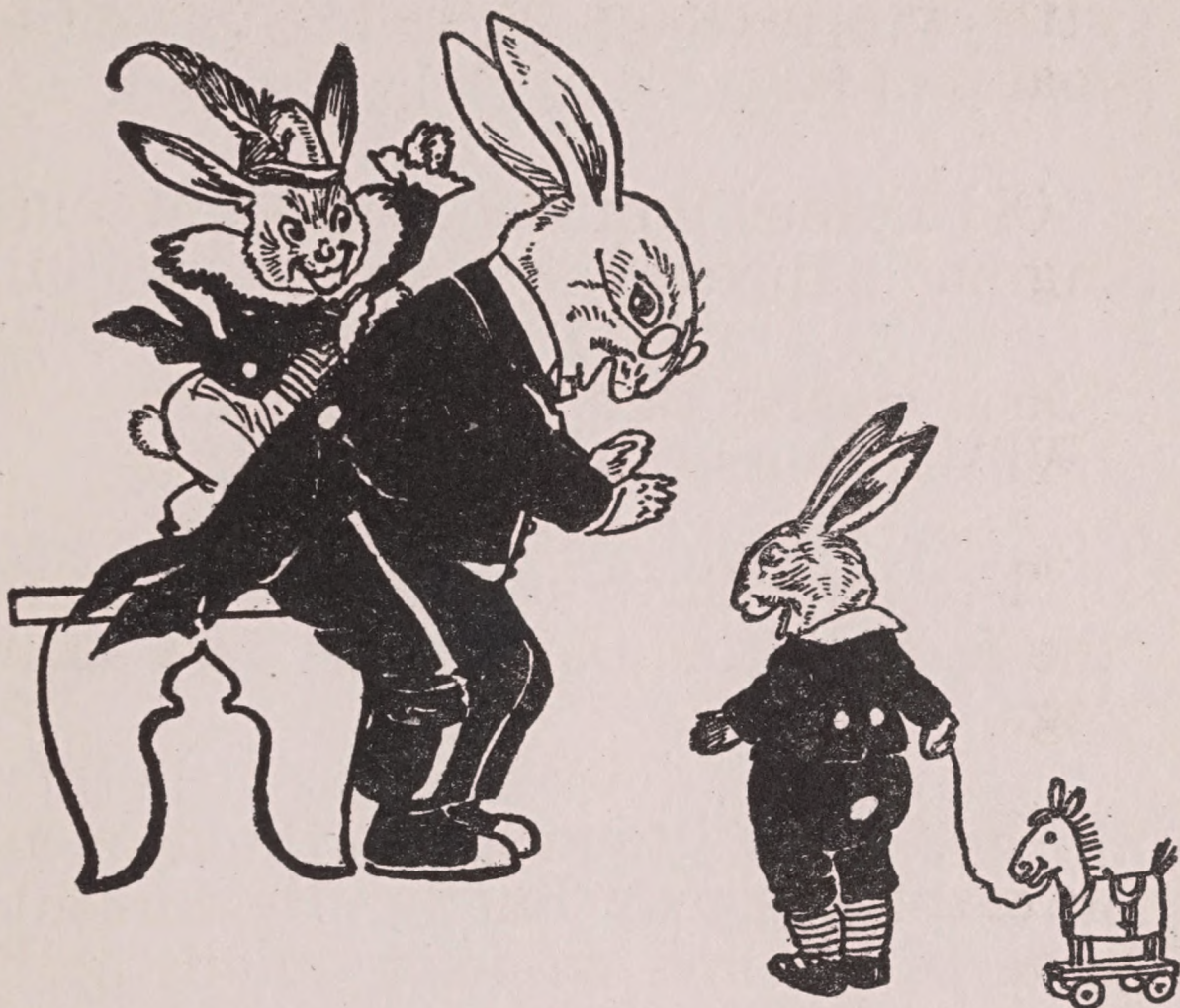
“Rap-a-tap,” sounded on the door and in came Raggedy Bunny. He carried a covered box and sat down quietly on his stool by the fire.

Old Father Bun looked over his spectacles and said,

“Some questions really make me laugh,  
How about taking a regular bath?”

Most of the Bunnies agreed that they had no regular bathing hour at all. Old Father Bun said it would be a good habit to form to bathe regularly all over, at least once a week, and he added,





“I hope that you will have a care  
To always take deep breaths of air.  
And no matter what goes wrong,  
Whistle a bit and sing a song.”

Suddenly, without any warning whatever, in dashed the Mad March Hare, shouting,

“Old Father Bun, so I am told,  
Is hale and hearty and eighty years old.”

He began to thump and bump Old



Father Bun on the back and he upset the table, and boxed ears right and left.

Old Mother Bun ran and got him some soothing syrup and at last he was willing to sit down a minute by the fire.

All the Bunnies then shouted,  
“Hurrah for Old Father Bun, hale and  
    heartly,  
Hurrah, hurrah, for his Birthday party.”

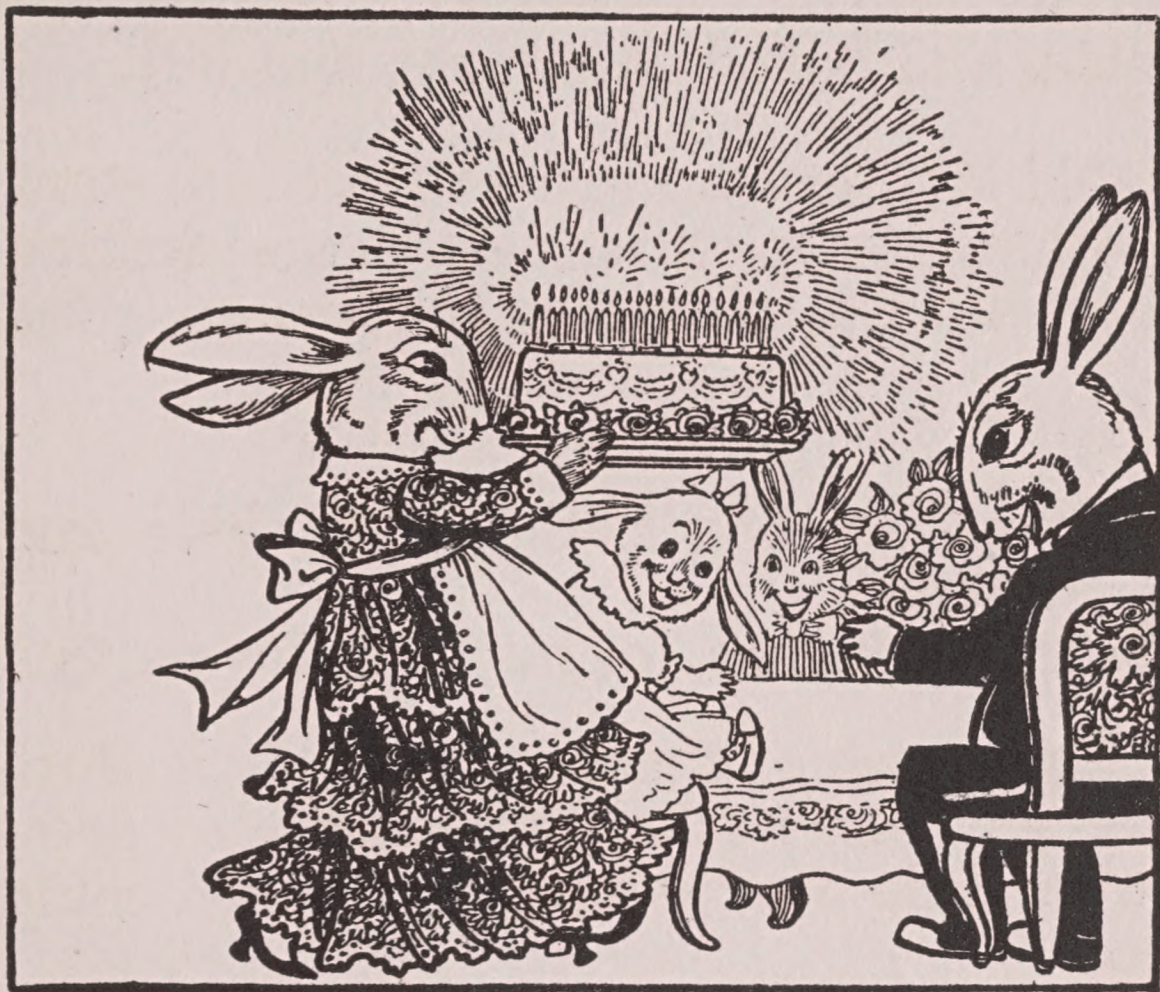
Then each of those cunning little Bunnies gave Old Father Bun a birthday present and he was pleased as pleased could be.

“I am happy too,” said the Old Family  
    Clock,  
“Tick, tick, tock, tick, tick, tock.”

The Family Clock kept up such a humming and ticking that Old Father Bun got up and looked under it and found a new pair of spectacles Old Mother Bun had bought him. He had so many birthday presents that he danced about and felt as young as anybody.

By and by the little Bunnies helped Old





Mother Bun set the table, and in came the birthday cake with eighty shining red candles upon it.

My! what a feast they had!

My! what funny stories they told! and how they enjoyed themselves!

The Mad March Hare blew out the candles on the cake and upset the cream, but everyone excused him for he never had been trained in table manners.



He had no bringing up anywhere,  
The dear little, queer little Mad March  
Hare!

When the party was over the Bunnies  
bade Old Father and Mother Bun good  
bye and danced down the road.

Said Happy Bunny "Hippety-hop,  
I'm going to buy a lollypop."

Said Homeless Bunny,  
"Hippety-hop, hippety-hop,  
I'll join you in the candy shop."

Said Heedless Bunny and Raggedy  
in one breath,

"Hippety-hop, hippety-hop,  
We'll run and run and never stop."

The Mad March Hare had already dis-  
appeared.

Healthy Bunny drew his little stool up  
between Old Father and Mother Bun and  
he talked to them saying,

"I'm Healthy Bunny, in song and rhyme  
I always manage to have a good time;  
To become grown-up I have to wait,



But I've learned some things at any rate;  
Pure water and food, we've always said,  
We must take, and go early to bed;  
We'll keep clean, if we are wise,  
And take some healthy exercise;  
My lessons are odd, I know it's true,  
But a tooth-brush I'll introduce to you;  
'Fresh air, fresh air,' you hear me call,  
And Safety First, for one and all.  
'Fighting Germs,' says every Rabbit,  
'Is an excellent Good Health Habit'."

Old Father and Mother Bun fell asleep,  
and the Mad March Hare peeped in the  
window and said,

"To me your advice sounds very funny,  
Good bye, good bye, dear Good Health  
Bunny."

He disappeared as suddenly as he had  
come and Healthy Bunny said,

"I greet you all with smile so sunny,  
For every one loves Healthy Bunny."



















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